


# TRITONS RISE *With Outback*



JOIN UCSD COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) AND OUTBACK ADVENTURES ON A SERIES OF RECREATIONAL ACTIVITIES AND MENTAL HEALTH DISCUSSIONS TO IMPROVE YOUR WELL-BEING!


COMPLETE ALL THREE TO LEARN ABOUT DIFFERENT ELEMENTS OF POSITIVE PSYCHOLOGY AND EARN SPECIAL RECOGNITION.

 *2/06, 10am-11:30am Climbing  
@ Outback Climbing Center*

This activity will emphasize building relationships, trust, and teamwork

 *2/13, 10am-11:30am Hiking  
@ Outback Adventures*

This activity emphasizes developing a sense of awe, mindfulness, and movement

 *2/27, 10am-11:30am Leap of Faith  
@ Challenge Course*

This activity will focus on grit, goal-setting, and self-compassion

THIS ACTIVITY IS OPEN TO REGISTERED UCSD STUDENTS ONLY. WHILE WE ENCOURAGE YOU TO SIGN UP FOR ALL THREE, IT IS POSSIBLE TO SIGN UP FOR ONE AT A TIME.

REGISTER USING THIS [LINK](#)



UC San Diego

STUDENT HEALTH AND WELL-BEING  
Counseling and Psychological Services

 UC SAN DIEGO  
**RECREATION**

