

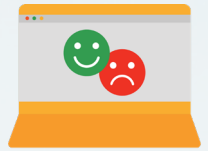


Foundations of Well-Being

Mondays 3:00 – 4:00 PM (Except 5/10 and 5/31) with Scott Hansen, Ph.D.

Come spend an entertaining and informative hour examining six fundamental lifestyle areas. You will leave with a wealth of practical tips you can immediately use to make changes that will help you manage your stress, improve your mood, and enhance your life satisfaction.

<https://uhealth.zoom.us/j/85119415052>



Resiliency-Building Toolkit

Tuesdays 3:00 – 4:00 PM (Except 4/13) with Michael McGlenn, Psy.D.

Join us for a virtual workshop designed to help students develop new skills and build on existing strengths to navigate life's obstacles and stresses. You'll learn strategies to improve mindset and mood, increase mental sharpness, handle difficult emotions and relationships, and create a more positive relationship with yourself.

<https://uhealth.zoom.us/j/89099169654>



Mindful Wellness Wednesdays

Wednesdays 3:00 – 4:00 PM with Kristina Mendez, Ph.D.

Mindful Wellness is an adaptive workshop that teaches holistic skills for wellbeing. We will check in to see what is out of balance and explore accessible lifestyle changes that can support equanimity. Weekly skills will vary, but will include gentle yoga, breathing exercises, mindfulness, meditation, traditional wisdom about food and nature, and encouragement for students to reclaim their own traditional wellness practices. I trust that you intuitively know what you need to feel well and whole. Sometimes we just need a reminder of all the resources we have available to us.

<https://uhealth.zoom.us/j/82204802282>



Wellness Thursdays

Thursdays 3:00 – 4:00 PM (Except 4/8) with Isabelle Creste, Psy.D.

We all experience contradictory feelings and thoughts, but at the end of the day, how can we choose what's best for us? We might try to balance our emotions and rational thinking, but sometimes, our feelings may not make that possible. This DBT workshop is an opportunity for you to take a personal journey to promote your wellbeing, and to experience the creation of supportive relationships. Come and join me to discuss and learn about how to practice mindful behaviors while at the same time, accepting our daily human experience.

<https://ucsd.zoom.us/j/5043791505>



Relaxation Skills

Fridays 3:00 – 4:00 PM (Except 5/7) with Scott Hansen, Ph.D.

Come spend an hour learning a variety of basic relaxation skills that will help you deal with daily anxiety. You will leave with practical exercises you can apply immediately to manage and reduce the symptoms of stress in your life.

<https://uhealth.zoom.us/j/86980891390>



CAPS Daily Drop-In Workshops are open to all currently registered UCSD students. No appointments needed – simply show up and enjoy! These workshops also qualify for Wellbeing Leadership Award through The Zone.

These meetings are not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at (858) 534-3755 to arrange an appointment.

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