



### Foundations of Well-Being

**Mondays 3:00 – 4:00 PM 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://ucsd.zoom.us/j/96324520607>



### Catch Some ZZZ's With Sleep Hygiene

**Tuesdays 11:00 AM – 12:00 PM (Except 3/9/21) with Benjamin Metta Penhas, Psy.D**

*Twas the night before yesterday and some Tritons were awake, unable to get some shut-eye they all had big headaches.*

*Even though they might be excelling in other aspects of their lives, when the end of the day came, they just couldn't seem to close their eyes.*

*These Tritons are doing everything right but still unable to go to sleep, it is frustrating that when morning comes, they might still be counting sheep.*

*Sleep hygiene is the practice in which sleeping habits can be improved, join me on Tuesdays for this Daily Drop-in Workshop to learn some strategies and skills, I promise you will be moved.*

<https://uhealth.zoom.us/j/83539322805>



### 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>



### Relaxation Skills

**Thursdays 3:00 – 4:00 PM 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://ucsd.zoom.us/j/93483539273>



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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