



## How do you Flourish?

### Strengthen Stress Management

#### Sleep

*Get enough sleep.* Sleep needs vary with age and between people. Most adults over the age of 18 function at their best between 7-9 hours of sleep.

#### Exercise

*Move daily, for at least 30 minutes!* Greatest health benefits are achieved with 5 hours of exercise per week, including 2.5 hours of cardio and strength training 2 times/week.

#### Healthy Nutrition

*Eat healthy.* Well-balanced meals include proteins, fruits, and vegetables. If you are uncertain about your meal planning, on-campus registered dietitians can provide personal consultations.

#### Increase Water and Reduce Toxins

*Drink water daily.* Monitor your intake of alcohol, drugs, nicotine, caffeine, and sugary drinks.

#### Social Support

*Get social.* In the midst of challenges and stress, many isolate and retreat within themselves. It's important to maintain our social support network.

#### Interests/Hobbies

*Get involved.* Find at least one interest/hobby you can pursue and look forward to once or twice/week.

#### Time for Inner Focus

*Take time for yourself.* Organize your schedule, focus on personal goal-setting, mindful meditation, prayer, or relaxation.

### Increase Life Satisfaction

#### Positive Emotion

*Do something daily that elicits a positive emotion:*

- \*Start a gratitude journal (List 3 things grateful for)
- \*Practice savoring your experiences
- \*Attend a Mindful Meditation CAPS drop-in group
- \*Use a relaxation app daily

#### Engagement

*Get completely absorbed in something weekly:*

- \*Take a recreation class
- \*Pursue a hobby
- \*Use your strengths to do something you enjoy

#### Relationships

*Connect regularly with friends, find a community that gives you a sense of belonging:*

- \*Plan a weekly outing with a friend
- \*Join a campus or professional organization
- \*Participate in a CAPS forum or counseling group

#### Meaning

*Participate in something meaningful to you:*

- \*Volunteer for an important cause
- \*Practice spirituality and/or self-reflection
- \*Join a group that does meaningful work

#### Accomplishment

*Find something you can work toward achieving:*

- \*Set an exercise goal to break your own record
- \*Create academic goals for exams and courses
- \*Apply for an internship or job
- \*Develop a timeline for your research or thesis

(Seligman, 2013)

## My Goal and Plan

Keep your goals **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound

Goal 1: \_\_\_\_\_

Plan: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Plan: \_\_\_\_\_



## Tritons Flourish Resources

### Forums & Workshops

*CAPS forums and workshops are open to all currently registered UCSD students. These in-person, skills-based educational resources are not professional counseling or psychotherapy. See CAPS website for current topics.*

*For the resources below, go to: [caps.ucsd.edu/groups](https://caps.ucsd.edu/groups) and [caps.ucsd.edu/peer](https://caps.ucsd.edu/peer)*

#### **CAPS Daily Drop-in Workshops**

Develop skills and enhance well-being. No appointment needed. Offered daily throughout the quarter.

#### **CAPS Open Drop-in Forums**

Discussion and building community connections. No appointment needed. Offered weekly throughout the quarter.

#### **Flourish @ UC San Diego**

Weekly informative and interactive meetings to help you flourish. Topics include: managing stress, building social confidence, mindfulness, and self-compassion.

#### **Tritons Flourish Workshop Series**

CAPS Wellness Peer Educators deliver educational workshops and interactive presentations related to mental health and well-being through a nine-part Tritons Flourish Workshop Series for undergraduate students.

### iFlourish: Online Self-Improvement Programs

*Self-guided technology programs at your fingertips. Free, confidential, and anonymous online platforms provide evidence-based tools to manage mood, decrease stress, and improve well-being.*

*Sign up at: [caps.ucsd.edu/iflourish](https://caps.ucsd.edu/iflourish)*

#### **MindWellIU (MWU)**

MindWellIU delivers evidence-based, multilingual mindfulness e-training that has been shown to lower stress, increase resilience, and improve performance. MWU allows you to take a 30-day Mindfulness Challenge in which you are prompted to take 5-10 minutes per day to engage in a Mindfulness exercise.

#### **Therapist Assisted Online (TAO)**

If you are seeking more comprehensive and dedicated intervention, TAO is a highly interactive, web-based program that provides assistance to help overcome anxiety, depression, relationships/communication, and other issues. This program provides detailed evidence-based intervention and interactive exercises/tools to directly address mental health challenges.

#### **WellTrack**

WellTrack provides confidential self-guided tools and resources to help manage stress, anxiety and depression. MoodCheck, WellTrack's companion mobile app, is a mindfulness daily mood tracker, which will ask you to record how you are feeling a couple times a day. It will track your moods and activities over time showing you the trends between low and high moods, a critical component to improving overall mental wellness.

