

LEARN HOW CHANGING YOUR LIFESTYLE CAN IMPROVE YOUR HAPPINESS

Come spend an entertaining and informative 60 minutes 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.

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Foundations of Well-Being

SLEEP

HEALTHY
NUTRITION

EXERCISE

SOCIAL
SUPPORT

INTERESTS/
HOBBIES

TIME FOR
INNER FOCUS

Mondays, Weeks 2-9 (Except 5/10)

3:00-4:00 PM

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

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



**T R I T O N S
F L O U R I S H**

CAPS Daily Drop-In Workshops are open to all currently registered UCSD students. No appointments needed - simply show up virtually and enjoy! This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call CAPS central office at 858-534-3755 to arrange an appointment.