**TRITONS FLOURISH**

# iFlourish
## Online Self-Improvement Program

**\* Programs to help improve mood, decrease anxiety, manage stress, improve sleep, and build relationship skills**
**\* Self-guided technology programs**
**\* Evidence-based intervention**
**\* Free & anonymous**
**\* Exclusively for UCSD students**
**\* Desktop, mobile, or tablet-friendly**

## headspace

» The popular mindfulness app is now FREE for registered UCSD students!
» ALL features UNLOCKED for Tritons
» Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness, and more.
» Find out what mindfulness can do for you in just 3 minutes a day. Use anywhere, anytime.
» Reduce stress and increase resilience. Start meditating today!

## TAO
### Therapy Assistance Online

» Interactive, comprehensive activities
» Improve mood, decrease anxiety, and increase relationship skills through evidence-based strategies
» Learn a variety of coping skills, mindfulness and relaxation exercises, and track your progress

## WellTrack

» Keeps track of your daily changes in mood and activity
» Evidence-based tools
» Personalized recommendations for improvement

## UC San Diego
**STUDENT HEALTH AND WELL-BEING**
Counseling and Psychological Services

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