

Mindful Wellness Wednesdays

Weeks 2-10, Wednesdays 3–4 PM

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

Mindful Wellness is an adaptive workshop that teaches holistic skills for wellbeing. We will check in to see what feels out of balance and explore accessible lifestyle changes that can support equanimity. Weekly skills will include a variety of mindfulness practices like breathing, meditation, and tips for wellness in nature. 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. *This Drop-In Workshop is facilitated by Kristina Mendez, Ph.D.*



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.

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



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