



Drop-In Workshop — Fridays
Free to registered students. No appointment needed.

Relaxation Skills

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.

Scott Hansen, PhD
(858) 534-5915
caps.ucsd.edu/dropin

Photo by Bruce mars from Pexels

Fridays, Weeks 2-10 (Except 5/7)

3:00–4:00 PM

<https://uchealth.zoom.us/j/86980891390>

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



T R I T O N S
FLOURISH

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.