RISE for your daily dose of Well-Being! Join us for our Tritons RISE Together innovative and experiential workshops. Based on research from peak performance psychology, mind/body sciences and the field of positive psychology, our RISE Workshops are here to promote you reaching your potential in all areas of your life: emotional, physical, and social. Be inspired, learn skills, and build our Triton community! You do not need to make an appointment unless the workshop indicates pre-registration — simply show up! Be sure to check out our RISE website for additional special events being planned throughout the quarter and any calendar updates: https://caps.ucsd.edu/ride

SunRISE Session (Recreation and CAPS)
Mondays 10–11am, Week 1 (1/9) – Week 10 (3/13) Except Holidays
Presenting a CAPS & Recreation partnership yoga class! Join in our sunRISE community for a well-being and movement-based session designed to both ground and inspire you! Start your week by creating a growth mindset and setting your intentions.
• Pre-register through Recreation to save your spot as this workshop fills up.
• Bring a yoga mat or towel and see you there Tritons!
Location: in-person @ RIMAC in Activity Room 1

Performance Lab
Tuesdays 1–2pm, Week 1 (1/10) – Week 10 (3/14), with Erin Kelly Bartelma, PsyD; Kimberly Knight-Ortiz, LCSW; Mariel Ruiz Stasiuk, PsyD
Join our interactive lab workshops to learn about the “science of success” and strategies to help you flourish in the classroom and in life! Each week we’ll practice new strategies:
• Week 1: Building Your Foundation for Success
• Week 2: Goal Setting
• Week 3: Motivation
• Week 4: Procrastination Tools
• Week 5: Managing Performance/Test Anxiety
• Week 6: Confidence Boost
• Week 7: Creating Consistency
• Week 8: Well-Being & Performance
• Week 9: Focus & Concentration
• Week 10: Going into Finals Strong
Zoom link: https://uchealth.zoom.us/j/84688908165

Mindfulness Studio (Recreation and CAPS)
Wednesdays 1–2pm, Week 1 (1/11) – Week 10 (3/15) Except (1/25), with Haim Shemer, PsyD and GAPSWell Associate Seraphina Solders
RISE Mindfulness Studio is a drop-in workshop where you can practice ways to:
• Connect more deeply with yourself and others
• Gain/regain inner peace and joy
• Engage in visualizations, breathwork & compassion-based meditations
Pre-register through Recreation and please bring a blanket or mat to class. We look forward to seeing you there!
Location: in-person @ RIMAC in Activity Room 3
Joyful Movement (Recreation and CAPS)
Wednesdays 3–4pm, Week 1 (1/11) – Week 10 (3/15)
Experience what joyful movement can do for your body & mind! Come join us to explore what making peace with your body can mean through:
• Developing mindfulness skills and applying them during movement
• Learn about your body’s inner wisdom
• Spark joy through experimenting with different types of movement, such as walking, dancing, and strength training!
Pre-register through Recreation — we look forward to seeing you there!
Location: in-person @ RIMAC; Room TBA

Sleep Reset
Thursdays 1–2pm, Week 1 (1/12) – Week 10 (3/16) Except (1/19 & 2/2), with Rhonda Hackshaw, PhD
Sleep from A to Zzzzs! Get the best sleep YOU can — to rest, restore, and refuel. Join us to:
• Get the best quantity and quality of sleep
• Learn research based tips and techniques
• Discover sleep resources designed to fit your life
We start where you are at today to make all the gains possible for you and your needs. Find out what a sleep reset can do for mood, focus, concentration, energy and more!
Zoom link: https://uchealth.zoom.us/j/81216118437

Social Justice Self-Compassion Mindfulness Hour (The Zone and CAPS)
Thursdays 3:30–4:30pm, Week 3 (1/26) – Week 9 (3/9) Except (2/2), with David Diaz, PhD
A space to discuss and connect with one another on personal, college, and societal level social justice concerns/experiences. We will also attend to our well-being through guided self-compassion mindfulness exercises.
Location: in-person @ The Zone

Stress Better: Skills for Managing Stress (The Zone and CAPS)
Fridays 1–2pm, Week 1 (1/13) – Week 9 (3/10), with Melissa Hawthorne-Campos, LCSW
You know you are stressed but you don’t know what to do next? In this workshop we will:
• Discover effective techniques for dealing with stress
• Learn two usable strategies each week!
Come join us at The Zone for fun activities to help you de-stress going into the weekend!
Location: in-person @ The Zone

RISE workshops are open to all currently registered UC San Diego students. 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.