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/rise

SunRISE Yoga Session (Recreation and CAPS)
Mondays 10–11am, Week 1 (1/8) – Week 10 (3/11), Except (1/15, 2/19)
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

Social Justice & Self-Compassion (Cross-Cultural Center and CAPS)
Tuesdays 12–1pm, Week 1 (1/9) – Week 10 (3/12), with Ahliyah Chambers, M.A.; Amy Nannan, Psy.D.; and David Diaz, Ph.D.
A space to discuss and connect with one another on our diverse cultural identities, experiences, intersections, social justice issues, and other related events on campus or society at large. Workshop ends with a guided mindfulness meditation to help you transition back to student life in a more affirming and energized manner. This is a collaborative workshop hosted by CAPS and the Cross-Cultural Center. For questions, contact David Diaz, Ph.D. at dadiaz@health.ucsd.edu.
Location: in-person @ Cross-Cultural Center

Performance Lab
Tuesdays 1–2pm, Week 1 (1/9) – Week 10 (3/12), with Erin Kelly Bartelma, Psy.D.; Nile Brandt, Ph.D., CMPC
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 (1/10) – Week 10 (3/13), with Haim Shemer, Psy.D. and Graduate Well-Being Associates Ro Sandoval; and Lulu Arrigoni
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 2

Joyful Movement (*Recreation and CAPS*)
Wednesdays 3–4pm, Week 1 (1/10) – Week 10 (3/13), with Allie Wagner, Ph.D.; and Sarah Bromley, LCSW
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.
Pre-register through Recreation. We look forward to seeing you there!
Location: in-person @ RIMAC in Activity Room 3

Sleep Reset
Thursdays 1–2pm, Week 1 (1/11) – Week 10 (3/14), Except (1/18), with Mike McGlenn, Psy.D.
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/5997984335

Stress Better: Skills for Managing Stress (*The Zone and CAPS*)
Fridays 1–2pm, Week 1 (1/12) – Week 10 (3/15), 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

Co-Curricular Record Well-being Certificate
As part of the Tritons Flourish initiative, the RISE Well-being & Community Engagement CCR Opportunity (RISE CCR) enables all UC San Diego students to earn credit on their Co-Curricular Record for being active participants in programming that aims to promote students’ well-being and build a community of care on our campus.
To learn more about CCR credit please visit the Co-Curricular Record website.

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.
TRITONS RISE With Outback

JOIN UCSD COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) AND OUTBACK ADVENTURES ON A SERIES OF RECREATIONAL ACTIVITIES AND MENTAL HEALTH DISCUSSIONS TO IMPROVE YOUR WELL-BEING!

COMPLETE ALL THREE TO LEARN ABOUT DIFFERENT ELEMENTS OF POSITIVE PSYCHOLOGY AND EARN SPECIAL RECOGNITION.

1/24 10am-11:30am
Peak Connections (Rock Climbing)
@ Outback Climbing Center
This activity emphasizes Resilience, Trust, and Teamwork

2/7, 10am-11:30am
Microadventure Hike
@ Eucalyptus Grove
This activity emphasizes Awe, Mindfulness, and Creativity

2/21, 10am-12pm
Leap of Faith
@ Challenge Course
This activity will focus on Grit, Goal-setting, and Self-compassion

THIS ACTIVITY IS OPEN TO REGISTERED UCSD STUDENTS ONLY. REGISTRATIONS OPEN ONE WEEK BEFORE EACH ACTIVITY – WE ENCOURAGE YOU TO TRY THEM ALL!

REGISTER USING THIS LINK

JOIN UCSD COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) AND OUTBACK ADVENTURES ON A SERIES OF RECREATIONAL ACTIVITIES AND MENTAL HEALTH DISCUSSIONS TO IMPROVE YOUR WELL-BEING!
ARE YOU LOOKING FOR AN LGBTQIA+ INCLUSIVE SPACE FOR OUTDOOR PHYSICAL ACTIVITIES? PLEASE JOIN UCSD COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) AND OUTBACK ADVENTURES ON A SERIES OF RECREATIONAL ACTIVITIES AND MENTAL HEALTH DISCUSSIONS TO IMPROVE YOUR WELL-BEING!

**1/31 10am-11:30am**
**Peak Connections (Rock Climbing)**
@ Outback Climbing Center
This activity emphasizes Resilience, Trust, and Teamwork

**2/14, 10am-11:30am**
**Microadventure Hike**
@ Eucalyptus Grove
This activity emphasizes Awe, Mindfulness, and Creativity

**2/28, 10am-12pm**
**Leap of Faith**
@ Challenge Course
This activity will focus on Grit, Goal-setting, and Self-compassion

THIS SERIES IS AN INCLUSIVE SPACE, SPECIFICALLY FOCUSING ON QUEER, TRANSGENDER, AND NONBINARY COMMUNITY BUILDING. PLEASE PRE-REGISTER FOR EACH ACTIVITY.

REGISTER USING THIS [LINK](#)