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: https://caps.ucsd.edu/rise

SunRISE Session (Recreation and CAPS)
Mondays 10–11 AM, Week 1 (9/26) – Week 10 (11/28)
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 mat or towel and see you there Tritons!

Location: in-person @ RIMAC in Activity Room 1

Performance Lab
Tuesdays 1–2 PM, Week 2 (10/4) – Week 10 (11/29), with Erin Kelly Bartelma, PsyD; Kimberly Knight-Ortiz, LCSW; Mariel Ruiz Stasiuk, PsyD
Performance Psychology is referred to as “the science of success.” Join our interactive lab workshops to learn academic success strategies and techniques to help you flourish in the classroom and in life. Each week we’ll cover a new topic including: Procrastination Tools, Managing Performance/Test Anxiety, Creating Consistency, Building Confidence, Focus & Concentration Strategies, and more!

https://uchealth.zoom.us/j/84688908165

Foundations of Well-Being (The Zone and CAPS)
Tuesdays 4–5 PM, Week 3 (10/11) – Week 10 (11/29), with Scott Hansen, PhD
Come spend an entertaining and informative hour examining six fundamental lifestyle areas. You will leave with a wealth of practical tips you can immediately use to make changes that will help you manage your stress, improve your mood, and enhance your life satisfaction.

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.
Tritons RISE Together Workshops
Fall 2022: Weeks 1–10

Mindfulness Studio (Recreation and CAPS)
Wednesdays 1–2 PM, Week 1 (9/28) – Week 8 (11/16) Except Week 2 (10/5), with Haim Shemer, PsyD and GAPSWell Associate Seraphina Solders
RISE Mindfulness Studio is a Recreation & CAPS collaborative drop-in workshop where you can practice ways to connect more deeply with yourself and others to gain/regain peace and joy. You will be invited to engage in various meditative practices including visualization, breathwork and compassion-based meditations. Pre-register through Recreation to save your spot as this workshop fills up. Please bring a blanket or mat to class. We look forward to seeing you there!

Location: in-person @ RIMAC in Activity Room 3

Sleep Reset
Thursdays 1–2 PM, Week 2 (10/6) – Week 10 (12/1) Except Week 9 (11/24), with Rhonda Hackshaw, PhD
Sleep from A to Zzzzs! Join us to learn what each of us can do for the best quantity and quality of sleep possible! Get the best sleep YOU can — to rest, restore, and refuel. Learn research based tips and techniques as well as 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!
https://uchealth.zoom.us/j/81216118437

Social Justice Self-Compassion Mindfulness Hour
Thursdays 2–3 PM, Week 1 (9/29) – Week 7 (11/10), with David Diaz, PhD
A space to discuss and connect with one another on personal, college, and societal level social justice concerns/experiences while also attending to our well-being through guided self-compassion mindfulness exercises.
https://uchealth.zoom.us/j/87540988432

Skills for Managing Stress (The Zone and CAPS)
Fridays 1–2 PM, Week 2 (10/7) – Week 10 (12/2) Except Week 9 (11/25), with Melissa Hawthorne-Campos, LCSW
You know you are stressed but you don’t know what to do next? This workshop will cover specific techniques for dealing with stress! Each week we’ll cover at least two usable strategies. Come join us at The Zone for fun activities to help you de-stress going into the weekend!

Location: in-person @ The Zone

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