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 Session (Recreation and CAPS)
Mondays 10–11am, Week 1 (4/3) – Week 10 (6/5), 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 (4/4) – Week 10 (6/6), with Erin Kelly Bartelma, PsyD; Kimberly Knight-Ortiz, LCSW
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

Social Justice & Self-Compassion (Cross-Cultural Center and CAPS)
Tuesdays 3:30–4:30pm, Week 1 (4/4) – Week 10 (6/6), with David Diaz, PhD
A space to discuss and connect with one another on our diverse cultural identities, experiences, intersections, social justice events, and other related recent issues or events on campus or society at large. This workshop includes guided mindfulness exercises to help those in attendance transition back to student life in a more affirming and energized manner. This is a collaborative workshop hosted by CAPS & the Cross-Cultural Center.

Location: in-person @ Cross-Cultural Center
Mindfulness Studio (Recreation and CAPS)
Wednesdays 1–2pm, Week 1 (4/5) – Week 10 (6/7), with Haim Shemer, PsyD and GAPSWell Associates, Seraphina Solders and Ro Sandoval
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 (4/5) – Week 10 (6/7), with Allie Wagner, PhD; Sarah Bromley, LCSW; Bridget Aiello, PsyD
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 @ The Dugout

Sleep Reset
Thursdays 1–2pm, Week 1 (4/6) – Week 8 (5/25), with Mike McGlenn, PsyD
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 2 (4/14) – Week 9 (6/2), 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.
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.

5/03, 10am-11:00am Climbing @ Outback Climbing Center
This activity will emphasize building relationships, trust, and teamwork

5/17, 10am-11:00am Black Canyon Hike @ UCSD
This activity emphasizes developing a sense of awe, mindfulness, and movement

5/31, 10am-12:00pm 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. WHILE WE ENCOURAGE YOU TO SIGN UP FOR ALL THREE, IT IS POSSIBLE TO SIGN UP FOR ONE AT A TIME.

REGISTER USING THIS LINK

UC SAN DIEGO RECREATION