

Let's RISE Together



Better Balance

**Fridays 1–2 PM (Weeks 2–10, except 11/12 & 11/26)
with Alyssa Hufana, PhD**

<https://uchealth.zoom.us/j/87461287165>

Feeling like you need more balance in your life? Come kick off your weekend to learn how to develop healthier habits for your overall well-being. Each week you will learn positive psychology principles that give you that extra boost to flourish.

Topics include:

- Mind-Body Connection
- Social Connection
- Benefits of Nature
- Grit and Resilience
- Gratitude
- Mind-full or Mindful?

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.

UC San Diego
STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



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