Let's RISE Together
Spring 2022

Better Balance

Mondays 3–4 PM
Week 1 (3/28) – Week 9 (5/23), Except Week 7 (5/9)
with Alyssa Hufana, PhD

https://uchealth.zoom.us/j/84235024078

Feeling like you need more balance? Join me 60 minutes each week to learn new ways on how to increase your well-being. Each topic incorporates culturally inclusive, diverse, and various ways of wellness that move you to flourish.

Week 1: The Basics of Balance: Checking In with Yourself
Week 2: Mindful or Mind full? Step into the Present Moment
Week 3: The Power of Connection and Community
Week 4: Nurtured by Nature
Week 5: Tapping into Your Strengths
Week 6: Grit and Resilience
Week 7: No Workshop
Week 8: Gratitude
Week 9: Treat Yo Self—Celebrating the Good

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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