



# Tritons RISE Together Workshops

## Fall 2021: Weeks 1–10

**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! <https://caps.ucsd.edu/rise>



UC SAN DIEGO  
RECREATION

### SunRISE Session

#### Mondays 10–11 AM (Weeks 1–10) with Recreation and CAPS

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. Bring a mat or towel and see you there Tritons! Be sure to pre-register through [Recreation](#) to save your spot as this workshop fills up!

**Location:** Natatorium Patio @ Main Gym



### Sleep Reset

#### Mondays 3–4 PM (Weeks 2, 4, 6, 8, 10) with Rhonda Hackshaw, Ph.D.

Sleep From A to Zzzs! Join us to learn what each of us can do to prepare 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/81906953952>



### Performance Lab

#### Tuesdays 1–2 PM (Weeks 1–10) with Erin Kelly Bartelma Psy.D. and Kaitlyn Saulman Psy.D.

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/87339082665>

*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**  
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### Mindfulness Studio

**Wednesdays 1–2 PM (Weeks 2–10, except 11/24) with Mojgan Jahan Psy.D.**

Mindfulness Studio is a drop-in workshop where you can learn and practice ways to connect more deeply with yourself, others and to gain/regain peace and joy. You will be invited to engage in various meditative practices including visualization, breathwork and compassion based meditations. Topics include mind-body connection, working with difficult thoughts and emotions, self-compassion, understanding Inner Critic and safety, and mindful communication.

<https://ucsd.zoom.us/j/95343898016>



### Foundations of Well-Being

**Thursdays 3–4 PM (Weeks 2–10, except 11/25 & 12/2) with Scott Hansen, Ph.D.**

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.

<https://uchealth.zoom.us/j/81349207646>



### Better Balance

**Fridays 1–2 PM (Weeks 2–10, except 11/26) with Alyssa Hufana Ph.D.**

Better Balance is a drop-in workshop for students to learn how to develop habits that create/sustain a more balanced and healthy life. Each week, students will learn and practice a new habit based off of principles in positive psychology that increase well-being and overall wellness. Topics to be discussed are engaging in the present moment, gratitude, grit and resilience, the mind-body connection, social connection/relationships, and the benefits of nature.

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

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