

LEARN HOW CHANGING YOUR LIFESTYLE CAN IMPROVE YOUR HAPPINESS



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.

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[caps.ucsd.edu/rise](https://caps.ucsd.edu/rise)

# Foundations of Well-Being

SLEEP

HEALTHY  
NUTRITION

EXERCISE

SOCIAL  
SUPPORT

INTERESTS/  
HOBBIES

TIME FOR  
INNER FOCUS

**Weeks 3–10**

**Thursdays, 3–4 PM**

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

*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



**T R I T O N S**  
**FLOURISH**

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