

# Let's RISE Together

Spring 2022



## Mindfulness Studio

Wednesdays 2–3 PM, Week 1 (3/30) – Week 10 (6/1)  
with Haim Shemer, PsyD and GAPSWell Associates  
Anja Payne & Seraphina Solders

<https://uchealth.zoom.us/j/88685890118>

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
- Mindful Communication

*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.*

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STUDENT HEALTH AND WELL-BEING  
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