

Let's RISE Together

Winter 2022



Sleep Reset

Fridays 12–1 PM (Weeks 1–10)

with Rhonda Hackshaw, PhD

<https://uchealth.zoom.us/j/81906953952>

Sleep From A to Zzzzs! 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!

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

CAPS.UCSD.EDU
@ucsdtritonstflourish