

RESOURCES FOR WELL-BEING AND LIFE SATISFACTION

POSITIVE EMOTION

- **UCSD Center for Mindfulness:** Visit the website for free mindfulness videos and guided meditations.
- **The Zone:** A lounge for student health and well-being. Includes daily programming and a space to relax. They offer the *Well-being* Leadership Award which teaches wellness and leadership skills.

ENGAGEMENT

- **UCSD Recreation:** Join workout classes, go on adventures, or be part of a team.
- **Student Personal Wellness:** A free 8-week small group program that includes personalized workouts, nutrition, and well-being education.

RELATIONSHIPS

- **Center for Student Involvement:** Find opportunities to get involved and connect, including student orgs, clubs, and community service.
- **CSI Communication and Leadership:** Offers *iLead* drop-in workshop program, and *Communication Seminars* designed to boost leadership, professional, and social skills.
- **International Students & Programs Office:** Weekly events that provide international and domestic students the opportunity to interact through conversation, games, and light refreshments.

MEANING

- **Student Sustainability Collective:** Promotes sustainable policies, education for students, social justice dialogue, and a sustainable space for students on our campus.
- **Center for Ethics and Spirituality:** Provides a meditation space, and *Spiritual Wellness Coaching* to increase spiritual wellness and develop a personalized plan to make it happen. Helps students find meaning and purpose regardless of religious affiliation or non-affiliation.

ACCOMPLISHMENT

- **Career Center:** Assists students in planning for their multiple path futures as alumni through peer-to-peer coaching, skills advising, and full-time/internship employer and graduate school events.
- **The Basement:** Innovation and entrepreneurial hub. Offers open access event programs, creative innovation space, and mentorship. The *Basement Annual Incubator* teaches skills to develop entrepreneurial or social impact ideas.

ACTIVITIES FOR WELL-BEING AND LIFE SATISFACTION

POSITIVE EMOTION

- **Start a Gratitude Journal:** write 3 things you are grateful for daily.
- **Savor a favorite beverage or meal.**
- **Listen to your favorite music.**
- **Watch videos that spark joy.**
- **Do an anonymous act of kindness for someone you know, or even for a stranger.**

ENGAGEMENT

- **Walk without looking at your phone today:** observe sights, sounds, and smells around you that you've never noticed before.
- **Find an activity that allows you to "flow" and be completely absorbed in the present moment.**

RELATIONSHIPS

- **Write a letter of gratitude to someone important in your life:** consider sharing it with them.
- **Cook a meal or bake a treat for someone special.**
- **Make plans to meet a friend for a meal or activity.**
- **Focus on listening more in conversation with others.**

MEANING

- **Get involved/in touch with your spirituality:** whether that be religion, meditation, nature, etc.
- **Have discussions with friends and colleagues about what is meaningful for you and them.**
- **Belong to and serve something that is bigger than yourself.**

ACCOMPLISHMENT

- **Create a bucket list:** work towards completing these things.
- **Write your vision of a positive future:** What have you done and want to do that would help make that a reality?
- **Create a daily schedule that prioritizes self-care:** exercise, social interactions, sleep etc.