

# ACT on LIFE



**Fall 2017**

*ACT on LIFE involves experiential exercises to move you towards acceptance, openness, and flexible thinking. You will be provided with tools and strategies to accept what is out of your control and to commit to actions that are in line with your values. The goal is not to take away painful experiences, but to find beauty with the ups and downs of life.*

**Dates: Mondays, Weeks 2-10**

(Oct. 9, 16, 23, 30 & Nov. 6, 13, 20, 27 & Dec. 4)

**Time: 3:00-4:00pm**

**Location: Pepper Canyon Hall 223**

**Facilitator: Dr. Dianna Quach**

*Want to gain skills to increase well-being today? CAPS Daily Drop-In Workshops are open to all currently registered UCSD students. You do not need to make an appointment -- simply show up and enjoy! These educational workshops are not professional counseling or psychotherapy. If you have any questions, please call 858-534-3755 or visit our website at [caps.ucsd.edu](http://caps.ucsd.edu) for more information. See you there!*