

Biofeedback

for
Graduate
& Professional
School
Students



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CAPS
UC SAN DIEGO

Learn to De-Stress with Biofeedback

- Free, Drop-in Assessments
- Measure physiological markers associated with your life stressors.
- Learn how to better manage your stress by participating in a relaxation experience, while your physiological markers are monitored.

GSA Grad Lounge
(by Triton Food Pantry & Art of Espresso)

Original Student Center

Wednesdays, 3:30-4:30

May 9th, 16th, and 23rd, Spring 2018

This workshop is 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.