



MONDAY ***Feel Better Fast***

Ming-Che Tu, Ph.D.

Time: 3:00-4:00PM | Location: CAPS Central Office, 190 Galbraith Hall

Feel Better Fast is an educational and experiential series of workshops designed to help students cope with and overcome difficult feelings such as sadness and anxiety, as well as managing stress or feeling overwhelmed through a range of mood regulation techniques.



TUESDAY ***Move Your Body, Tone Your Mind***

Dianna Quach, Ph.D.

Time: 3:00-4:00PM | Location: Student Health Services, Murray's Place

Interested in a moving meditation? Join us in learning postures to help reduce stress and anxiety, and improve your mood. This practice will lead you to a sense of peace and general well-being. Dr. Dianna Quach is clinical psychologist and a certified yoga instructor, RYT. All levels are welcomed! Yoga mats are provided!



WEDNESDAY ***Mindfulness for Daily Living***

Elise Curry, Psy.D.

Time: 3:00-4:30PM | Location: Student Health Services, Murray's Place

Mindfulness meditation has been shown to be effective for reducing stress, anxiety, depression and increasing a sense of inner peace and contentment. Dr. Elise Curry has maintained a daily meditation practice for 18 years and attended professional training programs for mindfulness.



THURSDAY ***Wellness Boost***

Sarah Bromley, LCSW | Wende West, LCSW

Time: 1:00-2:00PM | Location: CAPS Central Office, 190 Galbraith Hall

Would you like to explore what you can do to bounce back from life's setbacks and daily stressors? Join us to learn what research suggests on how to increase life satisfaction, well-being and resiliency. This is an especially great group for students interested in jumpstarting their wellness while waiting for their first appointment. Dr. Kelley Adams will join the group each quarter as a guest speaker on the topics of exercise, sleep and nutrition.



THURSDAY ***Relaxation Skills***

Scott Hansen, Ph.D.

Time: 3:00-4:00PM | Location: CAPS Central Office, 190 Galbraith Hall

Come spend an hour learning a variety of basic relaxation skills that will help you deal with daily anxiety. You will leave with practical exercises you can apply immediately to manage and reduce the symptoms of stress in your life.



FRIDAY ***Flourish @ UC San Diego***

Kevin Burchby, Psy.D.

Time: 3:00-4:00PM | Location: CAPS Central Office, 190 Galbraith Hall

Want to find ways to belong, be you, and be well at UC San Diego? Dr. Kevin Burchby and a Wellness Peer Educator provide fun ways to help you flourish! Topics will include: managing stress, building social confidence, mindfulness, and self-compassion.



CAPS Daily Drop-In Workshops are open to all currently registered UCSD students.
No appointments needed — simply show up and enjoy!
These workshops also qualify for Wellbeing Leadership Award through The Zone.
These workshops are not professional counseling or psychotherapy.