Coping During COVID-19

Week 2-10 | Time: 1:00-2:00 PM

These are unprecedented times and you may be feeling overwhelmed, stressed, isolated, depressed, and/or anxious at times. This workshop aims to help students manage those difficulties and develop coping skills to increase resilience and well-being during this pandemic.

https://uchealth.zoom.us/j/97285776476  
Carly Knauf, Psy.D.

Wellness Wednesdays

Week 2-10 | Time: 3:00-4:00 PM

Join us in learning care strategies and stress management amidst the challenges and adjustments this quarter may bring. This Dialectical Behavioral and Self-compassion based seminar is offered every Wednesday during the Fall 2020 quarter.

https://uchealth.zoom.us/j/96642941761  
Danielle Hanley, Psy.D.

Mindful Thursdays

Week 2-10 | Time: 3:00-4:00 PM

Join us for this introduction to mindfulness workshop. You can expect didactic content on the nature of mindfulness, formal and informal practices, as well as group discussions.

https://ucsd.zoom.us/j/98165877130  
Tyler Hatchel, Ph.D.