

MONDAY *Move Your Body, Tone Your Mind*

Dianna Quach, Ph.D.

Time: 10:00 – 10:45AM | Location: The Zone

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!



TUESDAY *Mindfulness for Daily Living*

Sachiko Sweetwood, Ph.D.

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

If you have been curious about Mindfulness, this workshop is a perfect way to explore it. Mindfulness can help you reduce stress, anxiety, and depressive mood. You will engage in various Mindfulness exercises, so you can incorporate them into your life. All students are welcome to attend this workshop, no matter your level of experience with mindfulness or meditation.



WEDNESDAY *Relaxation Skills*

Scott Hansen, Ph.D.

Time: 2:00 – 3:00PM | 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. Please note that this workshop is not held on 4/9.



THURSDAY *Foundations of Well-Being*

Scott Hansen, Ph.D.

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

Come spend an entertaining and informative hour examining six fundamental lifestyle areas. You will leave with a wealth of practical tips you can immediately use to make changes that will help you manage your stress, improve your mood, and enhance your life satisfaction.



FRIDAY *Flourish @ UC San Diego*

Wesley Kayne, Ph.D.

Time: 9:00 – 10:00AM | Location: Student Health Services, Murray's Place

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

