**MONDAY**  *Move Your Body, Tone Your Mood*

*Week 2-10 | Time: 10:00-10:45AM*

https://uchealth.zoom.us/j/281214077

Dianna Quach, Ph.D.

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!

**TUESDAY**  *Tritons Care: Self & Community Care Strategies*

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

https://uchealth.zoom.us/j/948970418

Miriam Adrianowicz, Psy.D. & CAPS Wellness Peer Educators

Join us to learn care strategies amidst the unique challenges and adjustments this Spring Quarter brings. Topics will include: self & community care strategies, stress management, mindfulness, self-compassion, and effective communication skills.

**WEDNESDAY**  *Wellness Wednesdays*

*Week 2-10 | Time: 11:00am-12:00PM*

https://uchealth.zoom.us/j/918323937

Essie Deiranieh. & CAPS Wellness Peer Educators

CAPS Wellness Peer Educators will offer weekly activities to help you integrate the 8 Dimensions of Well-being into your life. We’ll be using an array of fun and creative activities to promote positive emotion, build coping skills, and manage stress during this time.

**THURSDAY**  *Tritons Together*

*Week 2-10 | Time: 11:30-12:30PM*

https://uchealth.zoom.us/j/700822757

Erin Kelly Bartelma, Psy.D. & CAPS Wellness Peer Educators

How can we increase connection during this time of social distancing? Each week we’ll offer meaningful ways to stay connected together as Tritons through activities that promote social wellness, connection, and a sense of belonging. Join us in ‘togetherness’ every Thursday, we look forward to seeing you soon!

**FRIDAY**  *Relaxation Skills*

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

https://uchealth.zoom.us/j/210856855

Scott Hansen, Ph.D.

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.

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.

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