

Want to gain skills to increase well-being today? CAPS Daily Drop-In Workshops are open to all currently registered UCSD students. You do not need to make an appointment—simply show up and enjoy! These educational workshops are not professional counseling or psychotherapy. These DDWs also qualify for *Wellbeing Leadership Award* through The Zone. If you have any questions, please call [858-534-3755](tel:858-534-3755) or visit our website at caps.ucsd.edu for more information. See you there!

Monday

Move Your Body, Tone Your Mood

3:00-4:00pm, Weeks 3-6, 8-10

with Dr. Dianna Quach

@ Murray's Place,

Student Health Services



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!

Due to university holiday, not offered on week 7, 2/19/18

Tuesday

Flourish @ UC San Diego

3:00-4:00pm, Weeks 3-8

with Dr. Morgan Anderson

@ Murray's Place,

Student Health Services



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

Wednesday

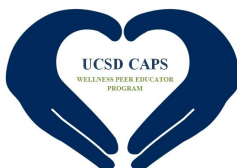
Train Your Brain: De-Stress with Biofeedback

2:30-3:30pm, Weeks 2-10

CAPS Wellness Peer Educators,

Supervised by Dr. Patrick Savaiano

@ The Zone



Learn how to incorporate state of the art technology for stress management. Come to the Zone for a free one-on-one Biofeedback demonstration with one of the CAPS Wellness Peer Educators! Learn about biofeedback, deep breathing, and progressive muscle relaxation techniques that all help to reduce stress. Check out The Zone calendar for info on this and other free wellness programs!

Mindfulness for Daily Living

3:00-4:00pm, Weeks 2-10

with Dr. Patrick Savaiano

@ Murray's Place,

Student Health Services



Mindfulness meditation has been shown to reduce emotional reactivity, improve one's ability to manage stress, anxiety and depression, and cultivate a sense of inner peace and contentment. Dr. Savaiano has 10 years of experience both practicing and teaching mindfulness meditation.

Thursday

WISE Mind

3:00-4:00pm, Weeks 2, 4-10

with Dr. Parissa Nili

@ CAPS Central Office,

Galbraith 190



Emotional Mind + Logical Mind = WISE Mind. WISE mind is when both parts of the mind work together in harmony. Learn how to effectively tolerate everyday stressors, communicate effectively while maintaining self-respect and relationships, and improve your relationship with your emotions while living a life in accordance to your values. ****Not held on week 3, 1/25/18****

Friday

Peace of Mind

3:00-4:00pm, Weeks 2-10

with Dr. Sachiko Sweetwood

@ CAPS Central Office,

Galbraith 190



Emotions make our lives rich and colorful, but you wish to learn how to navigate them better? In the Peace of Mind workshops, you will learn how to live in the moment, manage your emotions, increase interpersonal skillfulness, and identify what is really important to your life.