

MONDAY ***Managing Life Stress***

Nicole Chow, Psy.D.

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

Managing life stress is a skills based workshop for students who want to better regulate their emotions, manage their distress, connect with their values, and form healthier relationships with others.



TUESDAY ***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. Please note that this workshop is not held on 1/15.



WEDNESDAY ***Mindfulness for Daily Living***

Patrick Savaiano, Psy.D.

Time: 3:00-4:15PM | 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. Dr. Patrick Savaiano has been practicing and teaching mindfulness meditation for more than ten years. All students are welcome to attend this workshop, no matter your level of experience with mindfulness or meditation. Please note that this workshop is not held on 1/16, 1/30, 2/27.



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. Please note that this workshop is not held on 1/24.



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

Tahirih Moffett, 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. Tahirih Moffett 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.

