How do you Flourish?

Strengthen Stress Management

**Sleep**
Get enough sleep. Sleep needs vary with age and between people. Most adults over the age of 18 function at their best between 7-9 hours of sleep.

**Exercise**
Move daily, for at least 30 minutes! Greatest health benefits are achieved with 5 hours of exercise per week, including 2.5 hours of cardio and strength training 2 times/week.

**Healthy Nutrition**
Eat healthy. Well-balanced meals include proteins, fruits, and vegetables. If you are uncertain about your meal planning, on-campus registered dietitians can provide personal consultations.

**Increase Water and Reduce Toxins**
Drink water daily. Monitor your intake of alcohol, drugs, nicotine, caffeine, and sugary drinks.

**Social Support**
Get social. In the midst of challenges and stress, many isolate and retreat within themselves. It’s important to maintain our social support network.

**Interests/Hobbies**
Get involved. Find at least one interest/hobby you can pursue and look forward to once or twice/week.

**Time for Inner Focus**
Take time for yourself. Organize your schedule, focus on personal goal-setting, mindful meditation, prayer, or relaxation.

Increase Life Satisfaction

**Positive Emotion**
Do something daily that elicits a positive emotion:
* Start a gratitude journal (List 3 things grateful for)
* Practice savoring your experiences
* Attend a Mindful Meditation CAPS drop-in group
* Use a relaxation app daily

**Engagement**
Get completely absorbed in something weekly:
* Take a recreation class
* Pursue a hobby
* Use your strengths to do something you enjoy

**Relationships**
Connect regularly with friends, find a community that gives you a sense of belonging:
* Plan a weekly outing with a friend
* Join a campus or professional organization
* Participate in a CAPS forum or counseling group

**Meaning**
Participate in something meaningful to you:
* Volunteer for an important cause
* Practice spirituality and/or self-reflection
* Join a group that does meaningful work

**Accomplishment**
Find something you can work toward achieving:
* Set an exercise goal to break your own record
* Create academic goals for exams and courses
* Apply for an internship or job
* Develop a timeline for your research or thesis

(Seligman, 2013)

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**My Goal and Plan**

Keep your goals **Specific, Measurable, Achievable, Relevant, and Time-bound**

**Goal 1:**

Plan:________________________________________

**Goal 2:**

Plan:________________________________________

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T R I T O N S
FLOURISH
Tritons Flourish Resources

Forums & Workshops

CAPS forums and workshops are open to all currently registered UCSD students. These in-person, skills-based educational resources are not professional counseling or psychotherapy. See CAPS website for current topics.

For the resources below, go to: caps.ucsd.edu/groups and caps.ucsd.edu/peer

- **CAPS Daily Drop-in Workshops**
  Develop skills and enhance well-being. No appointment needed. Offered daily throughout the quarter.

- **CAPS Open Drop-in Forums**
  Discussion and building community connections. No appointment needed. Offered weekly throughout the quarter.

- **Flourish @ UC San Diego**
  Weekly informative and interactive meetings to help you flourish. Topics include: managing stress, building social confidence, mindfulness, and self-compassion.

- **Tritons Flourish Workshop Series**
  CAPS Wellness Peer Educators deliver educational workshops and interactive presentations related to mental health and well-being through a nine-part Tritons Flourish Workshop Series for undergraduate students.

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**iFlourish: Online Self-Improvement Programs**

Self-guided technology programs at your fingertips. **Free, confidential, and anonymous** online platforms provide evidence-based tools to manage mood, decrease stress, and improve well-being.

Sign up at: caps.ucsd.edu/iflourish

- **MindWellU (MWU)**
  MindWellU delivers evidence-based, multilingual mindfulness e-training that has been shown to lower stress, increase resilience, and improve performance. MWU allows you to take a 30-day Mindfulness Challenge in which you are prompted to take 5-10 minutes per day to engage in a Mindfulness exercise.

- **Therapist Assisted Online (TAO)**
  If you are seeking more comprehensive and dedicated intervention, TAO is a highly interactive, web-based program that provides assistance to help overcome anxiety, depression, relationships/communication, and other issues. This program provides detailed evidence-based intervention and interactive exercises/tools to directly address mental health challenges.

- **WellTrack**
  WellTrack provides confidential self-guided tools and resources to help manage stress, anxiety and depression. MoodCheck, WellTrack’s companion mobile app, is a mindfulness daily mood tracker, which will ask you to record how you are feeling a couple times a day. It will track your moods and activities over time showing you the trends between low and high moods, a critical component to improving overall mental wellness.