LEARN HOW CHANGING YOUR LIFESTYLE CAN IMPROVE YOUR HAPPINESS

Come spend an entertaining and informative 90 minutes 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.

Foundations of Well-Being

- SLEEP
- EXERCISE
- HEALTHY NUTRITION
- INTERESTS/HOBBIES
- SOCIAL SUPPORT
- TIME FOR INNER FOCUS

Tuesday, November 5th
3:30-5:00 PM
Student Health Services
Murray’s Place

Scott Hansen, PhD
(858) 534-5915
caps.ucsd.edu/groups

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call CAPS central office at 858 534-3755 to arrange an appointment.
Foundations of Well-Being

REPORT CARD

SLEEP  GRADE  SOCIAL SUPPORT  GRADE
HEALTHY NUTRITION  GRADE  INTERESTS/HOBBIES  GRADE
EXERCISE  GRADE  INNER FOCUS  GRADE

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THREE GOALS

1. ______________________________________________________________

2. ______________________________________________________________

3. ______________________________________________________________