

DROP-IN WORKSHOP - THURSDAYS

Free to registered students. No appointment needed.

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.

Foundations of Well-Being

SLEEP

HEALTHY NUTRITION

EXERCISE

**INTERESTS/
HOBBIES**

**SOCIAL
SUPPORT**

**TIME FOR
INNER FOCUS**

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Photo by khunaspix

Thursdays, Weeks 2-10
3:00-4:00 PM
CAPS Central Office
I90 Galbraith Hall



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

CAPS.UCSD.EDU | (858)534-3755

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.