May is Mental Health Month Events

Belong • Be You • Be Well

PostSecret Live
with Frank Warren
UCSD’s Inter-College Resident
Associate (ICRA)
Sixth College Residential Life Office
Wednesday, May 1st, 5:00 PM - 7:00 PM
Frank Warren, founder of PostSecret, brings his world-famous community art project and blog to life with an interactive talk about the transformative power of secrets and his upcoming exhibit at the Museum.

Lift the Mask
Documentary Screening
The Quell Foundation
Multipurpose Room in the
Student Services Center
Wednesday, May 1st, 5:30 PM - 7:30 PM
Join us for a documentary screening and panel discussion with film subjects. “Lift the Mask” follows 6 individuals and their caregivers from the onset of symptoms, through the diagnosis and treatment phases. Through story-telling, the film humanizes the faces of millions of people who live with mental illness and offers hope to those who may be struggling.

Free to attend. Free food! Link for Registration here

Foundations of Well-Being
iLead Workshop: Presented by Scott Hansen, Ph.D., Psychologist
Red Shoe Room, 2nd Level of Price Center West
Thursday, May 2nd, 3:30 PM - 4:50 PM
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.

Active Minds General Body Meeting (GBM)
Friday, May 3rd, 5:00 PM - 6:00 PM
The GBM on May 3rd will be featuring V-A-R (validate, appreciate, refer), a new program by Active Minds National that teaches “listen and respond in a helpful way.” We are still confirming a location, attendees will walk away with a goodie bag and resources! More info will be posted late on our Facebook Group: Active Minds UCSD Chapter. Also held on 5/17, and 5/31

V-A-R Training
Active Minds at UC San Diego
McGill 1350
Friday, May 3rd, 5:00 PM
Developed by Active Minds, V-A-R - standing for validate, appreciate, refer - teaches students to “listen and respond in a helpful way” when their friends are reaching out to them. Come to our meeting to learn more about V-A-R and walk away feeling prepared to handle tough conversations (plus resources and a small goodie bag!)

Please RSVP on FB event page here
You don’t have to be an Active Minds member, this event is open to all. Goodie bags as supplies last.

Chakra Balance:
Yin & Sound Healing
RIMAC Activity Room 3
Saturday, May 4th, 1:00 PM
Sonic Energy: Yin Yoga and Sound Healing is a two-hour experience that balances the seven major Chakra energy centers. Through breath, simple body movement, essential oils, guided meditation and the healing sounds of crystal and brass singing bowls, ceremonial drums, multiple gongs, chimes and more, participants will be led on a journey to awaken, align and activate each chakra.
$25 for students, $30 for Rec members, $35 for community
Link to more information here

General Events: Week 5, May 1st–May 5th
MAY IS MENTAL HEALTH MONTH EVENTS

BELONG • BE YOU • BE WELL

YOGA ZONE: MOVE YOUR BODY. TONE YOUR MIND
The Zone
Monday, May 6th 10:00 AM - 10:45 AM
Join us for yoga class with CAPS 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.
Also held 05/20

STRESS MANAGEMENT: A CRUCIAL TOOL TO ACADEMIC SUCCESS!
Dr. Niyatee Sukumaran
Conference Room at the Cross Cultural Center
Tuesday, May 7th, 12:00 PM
Join us during week 6 of the South Asian and Desi Forum to learn about stress management strategies (e.g., breathing techniques, ways to practice self-care) which serve as tools for academic success. This is a drop-in forum: no fees, no pre-registration.
Link to more information here

CRAFT NIGHT
Revelle College Student Activities
Revelle Commuter Lounge
(1st floor Blake Hall)
Monday, May 6th, 6:30 PM
Want an easy way to take a break and relax? Come craft with us! We provide the supplies. You provide the creativity!

LET YOUR STRESSES FLY AWAY
Muir Volunteer Program and Active Minds
Lower Muir Quad
Tuesday, May 7th, 10:00 AM - 2:00 PM
Come de-stress with MVP and Active Minds by making DIY stress balls, origami cranes, and writing your stresses and concerns on paper before transforming them into paper cranes to signify yourself letting your stresses fly away in the midst of exams and classes.

NAVIGATING SELF-CARE
CARE at SARC
Student Services Center Room 500
Tuesday, May 7th, 4:00 PM
This event is an opportunity for students to explore various types of self-care strategies using the 5 senses while also learning about CARE at SARC services as they make their way through different stations within the office.
Link to more information here

TUESDAY YOGA
Revelle College Student Activities
Revelle Conference Room C
Tuesday, May 7th 4:00 PM - 5:00 PM
Come get your zen on at our FREE instructor-led yoga class! No experience required. Please bring your own yoga mat or beach towel.
Every Tuesday!

TRAIN YOUR BRAIN: DESTRESS WITH BIOFEEDBACK
CAPS Wellness Peer Educator Program
The Zone
Monday, May 8th, 2:30 PM - 3:30 PM
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!
Also held on 05/15, 05/22
Link to more information here

LETTER SIGNING PROGRAM
The Zone and International Centers
The Zone
Friday, May 10th, 11:00 AM
Students are invited to take a break from studying to decorate, write, and create letters to mail to loved ones. Focus on your emotional wellness by taking a step back and reminding yourself of the folks you are grateful for.

ANGER & CONFLICT MANAGEMENT: HOW TO ARGUE AND MANAGE EMOTIONS
Scott Hansen, Ph.D.
Revelle Formal Lounge
Friday, May 10th, 2:00 PM - 4:30 PM
Join us for an informative and entertaining seminar to learn how to deal with conflict and anger in a constructive and productive way. You will leave with valuable information that will help you improve your relationships, receiving both practical tips and a deeper understanding of where anger comes from and how to control it.
Link to more information here

GENERAL EVENTS: WEEK 6, MAY 6TH-MAY 10TH

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@UCSDWPC
@UCSDTRITONSFLOURISH
MAY IS MENTAL HEALTH MONTH EVENTS

BELONG • BE YOU • BE WELL

CRAFT NIGHT
Revelle College Student Activities
Revelle Commuter Lounge
(1st floor Blake Hall)
Monday, May 13th, 6:30 PM
Want an easy way to take a break and relax? Come craft with us! We provide the supplies. You provide the creativity!

APIMEDA PANEL TALK: ASIAN AMERICAN REFUGEES
CAPS, APIMEDA
Comunidad @ CCC
Tuesday, May 14th, 11:30 AM
This is a yearly event held in May to celebrate May is Mental Health Month and API Heritage Month. The purpose of the panel was to facilitate a discussion between API mental health providers and the UCSD community.

This year we are focusing on mental health in the Asian American refugees and children of refugees. We hope to have self-identified APIMEDA refugee mental health providers who work in university settings and in the San Diego community to be on the panel. Light lunch will be provided.

TUESDAY YOGA
Revelle College Student Activities
Revelle Conference Room C
Tuesday, May 14th 4:00 PM - 5:00 PM
Come get your zen on at our FREE instructor-led yoga class! No experience required. Please bring your own yoga mat or beach towel. Every Tuesday!

HOW FAR WE’LL GO: Navigating Healthy Relationships
iLead Workshop: CARE at SARC
Red Shoe Room, 2nd Level of Price Center West
Wednesday, May 15th, 2:00 PM - 2:50 PM
This program offers an overview of qualities of a healthy relationship, signs of an unhealthy/abusive relationship, and working with campus resources. Presented by Lana Talampas, Training & Education Specialist, CARE at SARC; &Ashley Cooper, Special Projects & Graduate Outreach Coordinator

SAN FRANCISCO GIANTS VS. TORONTO BLUE JAYS
Oracle Park, San Francisco, CA
Wednesday, May 15th, 12:45 PM
During May’s Mental Health Matters Month, Each Mind Matters has partnered with California Major League Baseball parks, and one AAA team, to raise awareness about mental health. Join us for a fun-filled day to watch your favorite team in action and view the new EMMI public service announcement on the jumbotron.
Step up to the plate by wearing lime green to show your support! And if you have a social media channel please tag @EachMindMatters and/or use #EachMindMatters. We look forward to seeing you at the ball park!
Link to more information here

FROM PEER TO FRIEND: HOW TO MAKE LASTING RELATIONSHIPS?
iLead Workshop:
Presented by Dana Curcanu, C&L Student Assistant, Center for Student Involvement
Bear Room, 2nd Level of Price Center West
Thursday, May 16th, 12:00 PM - 12:50 PM
Learn about friendship values and their importance in making lasting relationships. In this workshop, you will have the chance to interact with your peers in different fun activities and use the skills and experiences you developed through your college career to explain what friendship means to you and how you would use the values of friendship to make it last.

TRAIN YOUR BRAIN: DESTRESS WITH BIOFEEDBACK
CAPS Wellness Peer Educator Program
The Zone
Monday, May 8th, 2:30 PM - 3:30 PM
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! Link to more information here

LATE NIGHT WITH THE ZONE: TEA & PAINT NIGHT
The Zone
Wednesday, May 15th, 6:00 PM - 8:00 PM
The Zone’s Late Night Series presents Tea and Paint Night! Come in and express your artistic self by painting the evening away while sipping on a cozy mug of tea at The Zone. FREE and on a first come, first serve basis; all supplies and materials will be provided.

GENERAL EVENTS:
WEEK 7, MAY 13TH–MAY 17TH

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MAY IS MENTAL HEALTH MONTH EVENTS

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ORIGAMI FOR MENTAL HEALTH
Active Minds at UC San Diego
Library Walk: lawn in front of PC
Monday, May 20th, 9:00 AM - 3:00 PM
We will be folding and displaying 1,100+ origami cranes in honor of college students who have been lost to suicide. Both days will have opportunities for attendees to help us fold cranes, take pictures of the display, and learn more about mental health.
Link to more information here

TRAIN YOUR BRAIN: DESTRESS WITH BIOFEEDBACK
CAPS Wellness Peer Educator Program
The Zone
Monday, May 20th, 2:30 PM - 3:30 PM
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!
Link to more information here

HOW COMPASSIONATE ARE YOU TOWARDS YOURSELF?: LEARN TO PRACTICE SELF-COMPASSION AND SELF-KINDNESS
Dr. Niyatee Sukumaran
Conference Room at the Cross Cultural Center
Tuesday, May 21st, 12:00 PM
Join us during week 8 (5/21/19) of the South Asian and Desi Forum to learn about self-compassion. Attending this workshop will help you to reflect on your self-talk. You will also experience self-compassion and self-kindness through an activity in this workshop.
No pre-registration and fees
Link to more information here

TUESDAY YOGA
Revelle College Student Activities
Revelle Conference Room C
Tuesday, May 21st 4:00 PM - 5:00 PM
Come get your zen on at our FREE instructor-led yoga class! No experience required. Please bring your own yoga mat or beach towel.
Every Tuesday!

YOGA ZONE: MOVE YOUR BODY, TONE YOUR MIND
The Zone
Monday, May 20th 10:00 AM - 10:45 AM
Join us for yoga class with CAPS 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.

CRAFT NIGHT
Revelle College Student Activities
Revelle Commuter Lounge
(1st floor Blake Hall)
Monday, May 20th, 6:30 PM
Want an easy way to take a break and relax? Come craft with us! We provide the supplies. You provide the creativity!

LET YOUR STRESSES FLY AWAY
Muir Volunteer Program and Active Minds
Lower Muir Quad
Thursday, May 23rd, 12:00 PM
Come de-stress with MVP and Active Minds by making diy stress balls and writing your stresses and concerns on paper before transforming them into paper cranes to signify yourself letting your stresses fly away in the midst of exams and classes

GENERAL EVENTS: WEEK 8, MAY 20TH–MAY 26TH

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# MAY IS MENTAL HEALTH MONTH EVENTS

## ART & SOUL WITH THE SHAS
**Health Promotion Services**
**The Zone**
**Tuesday, May 28th, 11:00 AM**
Enjoy a fun DIY arts and crafts project with the Student Health Advocates! Discover your creativity and come learn about ways to de-stress and practice self-care!

## TUESDAY YOGA
**Revelle College Student Activities**
**Revelle Conference Room C**
**Tuesday, May 28th 4:00 PM - 5:00 PM**
Come get your zen on at our FREE instructor-led yoga class! No experience required. Please bring your own yoga mat or beach towel. 
**Every Tuesday!**

## MUSEUM OF MAN EXHIBIT
**San Diego Museum of Man**
**Library Walk**
**Tuesday, May 28th, 11:00 AM - 3:00 PM**
At the San Diego Museum of Man, we debuted a new exhibit last spring called PostSecret wherein we explore how secrets are the currency of intimacy. The concept was born out of an ongoing community art project by Frank Warren, where people send their deepest secrets on anonymous postcards. Part of the exhibit here at the Museum of Man features secrets that we’ve collected from the greater San Diego Community, which is where our partnership request comes in.
**Link to more information [here](#)**

## FLOURISH @ UC SAN DIEGO: BELONG. BE YOU. BE WELL.
**CAPS Wellness Peer Educators**
**Library Walk**
**Wednesday, May 29th, 10:00 AM**
Each quarter, the CAPS Wellness Peer Educators provide large scale events to the campus community in order to promote access to mental health services, provide education on a number of topics, and engage their peers in skill building activities. Come join us on Library Walk for our Spring Quarter Event from 10am-2pm on May 29th to honor May is Mental Health month and to learn all about ways to flourish during your time at UC San Diego! We will have fun giveaways and activities to help you de-stress as you prepare for upcoming final exams!
**FREE for all students!**

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**GENERAL EVENTS: WEEK 9, MAY 27TH – MAY 31ST**

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MAY IS MENTAL HEALTH MONTH EVENTS

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Wise Forum: Graduate Women in Science and Engineering
Judy Goodman Fermin
By Referral Only
Wednesday, May 1st, 1:00 PM
In this interactive presentation, you'll learn about the inspiration and history of the PostSecret project, ask Frank your questions, listen to others share their secrets or step up and tell yours, find out about his upcoming exhibit at the Museum, PostSecret, and more! Occurs every Wednesday in May.

Graduate and Professional School Student Support Forum
Christina Lambert
GSA Grad Lounge
Original Student Center
Wednesday, May 1st, 2:00 PM
A supportive, drop-in space for graduate and professional school students seeking strategies for resilience, perseverance, and flourishing. Common themes include: stress management, sustaining motivation, recovering from setbacks, work-life balance, and navigating interpersonal challenges. Occurs every Wednesday in May.

Graduate and Professional School Students: De-Stress with Biofeedback
Niyatee Sukumaran
Murray's Place
Wednesday, May 1st, 1:00 PM
Learn to manage your stress by using relaxation techniques while your physiological markers are monitored. Drop in for 15 minute individual consultations. Facilitators are Dr. Ming-Chie Tu and Dr. Niyatee Sukumaran.

4th Annual Community Block Party
HDH Connect and GSA
One Miramar Street Housing
Friday, May 3rd, 5:30 PM
Our 4th annual Community Block Party is back! Enjoy food, games, Kona ice and music. Open for grad students, families, and children.

AAPI Mental Health Dialogue
Dr. Niyatee Sukumaran
Large Conference Room in Mesa Nueva, Cala Building
Monday, May 6th, 12:00 PM
This is an event for all Asian American and Pacific Islander (AAPI) identified graduate and professional school students to join in and engage in a dialogue about AAPI mental health. We hope to build connections and strong connections amongst the communities to discuss various aspects of mental health and well-being as influenced by our cultural experiences, and to reduce stigma for seeking help.

Graduate and Professional School Students of Color Forum
Dr. Niyatee Sukumaran
GSA Grad Lounge
Original Student Center
Tuesday, May 7th, 1:00 PM
Join us to connect and discuss experiences as graduate students of color. This forum will provide a supportive space to discuss topics from a multicultural lens, including: stress management, well-being, communication with your advisor(s), imposter syndrome, family responsibilities, relationships (romantic or social), multicultural identities, socio-political climate, experiences of discrimination, and more. Also occurs on 5/21

Mindful Self-Compassion Workshops
Christina Lambert
GSA Grad Lounge
Original Student Center
Wednesday, May 22nd, 1:00 PM
Learn to use mindful self-compassion as an effective stress management strategy. Engage in relaxation & mindfulness. Participants are welcome to drop in for one or both workshops. Based on the work of researchers Kristin Neff, Ph.D. & Christopher Germer, Ph.D. Also occurs on 5/29

Graduate & Professional School Student Focused Events

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MAY IS MENTAL HEALTH MONTH EVENTS

UC WALKS ON
Revelle Plaza, RIMAC, Warren Mall
May 1st, 11:00 AM - 1:00 PM
UC Walks promotes wellness and an active lifestyle by encouraging faculty, staff and retirees to take time out of their day to walk and enjoy the beautiful San Diego campus. This is also a great opportunity to connect with campus and community partners! Each registration location will have vendors present with information and giveaways! Link to more information here.

TRITONS FLOURISH GROUP
Faculty Staff Assistance Program and Housing Dining and Hospitality
HDH Barrett Room
Friday, May 17th, 12:00 PM
Looking to take steps towards flourishing in your personal and professional life? Come meet once a month with a great group of people to learn, discuss, practice, concepts and behaviors that will contribute to their overall life satisfaction. Contact wdibbleyoungblood@ucsd.edu for more information.

SAN FRANCISCO GIANTS VS. TORONTO BLUE JAYS
Oracle Park, San Francisco, CA
Wednesday, May 15th, 12:45 PM
During May’s Mental Health Matters Month, Each Mind Matters has partnered with California Major League Baseball parks, and one AAA team, to raise awareness about mental health. Join us for a fun-filled day to watch your favorite team in action and view the new EMM Public Service Announcement on the jumbotron. Step up to the plate by wearing lime green to show your support! And if you have a social media channel, please tag @EachMindMatters and use #EachMindMatters. We look forward to seeing you at the ball park! Link to more information.

WORKING MOMS OF 0-5 YEAR OLDS SUPPORT GROUP
FSAP
Women’s Center
Wednesday, May 22nd, 12:00 PM
A supportive discussion and an opportunity to connect with other UCSD working moms. This support group is facilitated by Izabel Gaetano Francy, LCSW, a Faculty and Staff Assistance Program (FSAP) licensed clinician, who is also a full-time working parent. Ok to bring lunch, open to all mothers of any age, partnered or single. Contact icfrancy@ucsd.edu or women@ucsd.edu for questions.

ELEMENTARY AND MIDDLE SCHOOL PARENTS SUPPORT GROUP
FSAP
Women’s Center
Wednesday, May 8th, 12:00 PM
Parents of elementary and middle school-aged children face immense challenges and working parents are further impacted by having to manage work/life balance. Come join us for a supportive discussion on topics relevant to you and for an opportunity to connect with other UC San Diego parents. This support group is facilitated by Izabel Gaetano Francy, LCSW, a Faculty and Staff Assistance Program (FSAP) licensed clinician, who is also a full-time working parent. Contact icfrancy@ucsd.edu for questions.

THE RESILIENCY TOOLBOX
Staff Education and FSAP
Training Center North, Torrey Pines Center North (TPCN), 10300 N. Torrey Pines Rd, La Jolla, CA 92037
Friday, May 17th, 9:00 AM - 11:30 AM
• Learn how to increase your mental stamina and emotional flexibility.
• Develop your own standards for your capacity to bounce back from difficult and discouraging life events.
• Create a set of guiding principles that you can live by.
Registration Deadline 5/16 at 9:00 AM
Link to Information here.

STAFF AND FACULTY FOCUSED EVENTS

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MAY IS MENTAL HEALTH MONTH EVENTS

**MOVE YOUR BODY. TONE YOUR MIND.**
Dianna Quach, Ph.D.
**Location:** The Zone
**Mondays,** 10:00 – 10:45AM
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!

**MINDFULNESS FOR DAILY LIVING**
Sachiko Sweetwood, Ph.D.
**Location:** CAPS Central Office, 190 Galbraith Hall
**Tuesdays,** 3:00 – 4:00PM
If you have been curious about Mindfulness, this workshop is a perfect way to explore it. Mindfulness can help you reduce stress, anxiety, and depressive mood. You will engage in various Mindfulness exercises, so you can incorporate them into your life. All students are welcome to attend this workshop, no matter your level of experience with mindfulness or meditation.

**RELAXATION SKILLS**
Scott Hansen, Ph.D.
**Location:** CAPS Central Office, 190 Galbraith Hall
**Wednesdays,** 2:00 – 3:00PM
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.

**FLOURISH @ UC SAN DIEGO**
Wesley Kayne, Ph.D.
**Location:** Student Health Services, Murray’s Place
**Fridays,** 9:00 – 10:00AM
Want to find ways to belong, be you, and be well at UC San Diego? Dr. Wesley Kayne 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.

**FOUNDATIONS OF WELL-BEING**
Scott Hansen, Ph.D.
**Location:** CAPS Central Office, 190 Galbraith Hall
**Thursdays,** 3:00 – 4:00PM
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.

**DAILY DROP-IN WORKSHOPS**
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. If you would like professional counseling or mental health treatment please call the CAPS central office at 858-534-3755 to arrange an appointment.
iFLOURISH
Online Self-improvement Program

Self-guided technology programs
Evidence-based intervention
Free & Anonymous
Exclusively for UCSD students
Desktop, Mobile, or Tablet-friendly

MINDWELL • U
- 30 day challenge
- Takes 5-10 mins per day
- Learn and practice mindfulness
- Invite friends to join you

TAO
Therapy Assistance Online
- Comprehensive, interactive workbook
- Overcome mental health challenges through evidence-based strategies
- Journaling, mindfulness, assessments

WellTrack
Start Feeling Better Today
- Tracks mood and activity
- Evidence-based tools
- Personalized recommendations for improvement

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TRITONS FLOURISH
ReLyfe

ReLyfe is a website for students to share how they overcame ANY small or big life struggle through video interviews.

Why are we doing this?

• To remind students that advice is easily accessible from ANYONE
• To help others in similar situations
• To empower and be empowered
• To rehumanize through real lives

Help us spread the word about ReLyfe and encourage students who have advice to offer to reach out to us at contactrelyfe@gmail.com

www.relyfe.org  ReLyfe  @relyfevideos