# Online Well-Being Programs for Spring 2020

**Weekly for all UCSD students**

**#MayIsMentalHealthMonth**

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<th><strong>Monday</strong></th>
<th><strong>Tuesday</strong></th>
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<td><strong>10 - 10:45 AM:</strong> <em>Move Your Body, Tone Your Mood Yoga</em> - This practice will lead you to a sense of peace and general well-being by helping to reduce stress and anxiety, and improve your mood. All levels are welcomed! ~CAPS and The Zone</td>
<td><strong>12 - 1 PM:</strong> <em>API MEDA Community Forum</em> - Informal conversations related to concerns of Asian/Pacific Islander American and South Asian students ~CAPS and API MEDA</td>
<td><strong>May 13th, June 3rd</strong></td>
<td><strong>10 AM</strong></td>
<td><strong>8 - 8:30 am:</strong> <em>Weekly ISPO Chats</em> - Weekly office hours allow us to advocate on your behalf, identify solutions in a timely manner, be more proactive, and improve communication with our international student community. ~ISPO</td>
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<td><strong>10 AM:</strong> <em>Make-It Monday</em> - New crafts posted every week! ~Revelle Student Activities Team</td>
<td><strong>1 - 2 PM:</strong> <em>Graduate Students of Color Forum</em> - Connect and discuss about various topics from a multicultural lens ~CAPS</td>
<td><strong>3 - 4 PM:</strong> <em>Intercultural Social Hour</em> - You can share your international interests and experiences while making friends in a relaxing and fun environment! ~ISPO</td>
<td><strong>11 AM - 12:20 PM:</strong> <em>Interpersonal Relationship Workshop Series</em> - A weekly series of 5 workshops to develop and expand skills on initiating and developing interpersonal relationships, which are cross-listed in the iLead Program. ~Center for Student Involvement</td>
<td><strong>11 AM - 12:30 PM and 2 - 5 PM:</strong> <em>Personal Hygiene Product Pickup</em> - Need personal hygiene products and are unable to afford them? Fill out the google form and select a pick up time! ~The HUB</td>
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<td><strong>2 - 3:15 PM:</strong> <em>Personal Hygiene Product Pickup</em> - Need personal hygiene products and are unable to afford them? Fill out the google form and select a pick up time! ~The HUB</td>
<td><strong>12 PM:</strong> <em>Hump Day Self-Care</em> - When the going gets tough, the tough get going - and share self-care tips ~Revelle Student Activities Team</td>
<td><strong>1 - 2 PM:</strong> <em>Alone Together: COVID-19 Emotional Support Forum for International Students</em> - an Emotional Support Forum for International Students! ~ISPO and CAPS</td>
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<td><strong>5 PM:</strong> <em>Yoga Tuesday</em> - practice with a free weekly class! ~Revelle Student Activities Team</td>
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<td><strong>7 PM:</strong> <em>Friday-Flix</em> - A Netflix viewing party ~Revelle Student Activities Team</td>
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<td>10 - 11 AM: CalFresh Application Assistance - CalFresh is a federal nutrition program that assist people with up to $192 in grocery money if eligible. We are here to continue assisting students on their CalFresh application via Zoom! ~The Hub Basic Needs Center</td>
<td>May 12th, 11:30 - 1 PM Why Belonging is Conditional: The effect of Microaggressions on Asian Americans - Discuss the effects that racism, microaggressions, and xenophobia have on us, and ways that interventions can mitigate these effects. ~CAPS and APIMEDA</td>
<td>10 - 11 AM and 2 - 2:30 PM: CalFresh Application Assistance - CalFresh is a federal nutrition program that assist people with up to $192 in grocery money if eligible. We are here to continue assisting students on their CalFresh application via Zoom! ~The Hub Basic Needs Center</td>
<td>12:30 - 1:30 PM: CalFresh Application Assistance - CalFresh is a federal nutrition program that assist people with up to $192 in grocery money if eligible. We are here to continue assisting students on their CalFresh application via Zoom! ~The Hub Basic Needs Center</td>
<td>May 1st, 12 - 1:30 PM: Gender Buffet: Why Mental Health Is A Feminist Issue - An informal dialogue where we discuss societal issues connected to gender. ~Women’s Center</td>
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<td>12:30 - 1:30 PM: Free Live Mindfulness Sessions - Daily streams and recordings of mindfulness and compassion sessions to provide resources and online support ~Center for Mindfulness</td>
<td>The Hidden Opponent - Mental Health - Victoria Garrick will share her story of battling and overcoming mental health problems as a scholar-athlete. ~CAPS</td>
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<td>May 8th, 8- 9 PM Digi Dance - Bored at home and don’t have any motivation to work out? Come dance with Outreach and UCSD Rec! ~UCSD Rec</td>
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<td>10 AM: ISPO Coffee Hour - Bring your favorite coffee mug and cozy up to your screen! ~ISPO</td>
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ONLINE WELL-BEING PROGRAMS FOR SPRING 2020
FOR ALL UCSD STAFF & FACULTY
#MAYISMENTALHEALTHMONTH

WEEKLY SCHEDULE FOR THE QUARTER

1st Wed Every Month at 12 PM:  
Remote Parents Support Group -  
Online support group for UCSD faculty & staff remote working moms facilitated by a licensed FSAP clinician (via Zoom).  
~HR - FSAP

4th Wed Every Month at TIME:  
Remote Mom's Support Group -  
Online support group for UCSD faculty & staff remote working moms facilitated by a licensed FSAP clinician (via Zoom).  
~HR - FSAP

May 15th & June 12th from 12 - 1 PM:  
Tritons Flourish Group -  
A group for staff and faculty who wish to flourish in their personal and professional lives. Join us for a live Zoom meeting!  
~Faculty Staff Assistance Program
ONLINE WELL-BEING PROGRAMS FOR SPRING 2020
#MAYISMENTALHEALTHMONTH

AVAILABLE THROUGHOUT THE ENTIRE QUARTER

iLead Program - Online workshops on various topics related to help students develop their communication and leadership skills. Attend workshops and collect stamps from now until May 2020. ~Center for Student Involvement

Revelle 64 Workout Challenge - To complete the challenge, students run 64 miles or workout for 64 ten minute intervals by the end of week 10. Those who complete the challenge will be put into a raffle to win a video dedicated to them of Dean Sherry rapping! ~Revelle Student Activities Team

Grocery Aid Program - Sign up to pick up or get items delivered. Students who are sick, struggling financially, disabled, homeless, quarantined without pay, elderly, undocumented, queer, Black, Indigenous, and/or people of color are prioritized. ~Student Sustainability Collective

The Playground - Get adventurous, creative, meditative and stay fit with Rec through online classes and virtual Rec programming. The Playground will provide FREE access to video workouts classes streaming online for the entire UCSD community. ~Recreation

Basic Needs Peer Educator Program - Our Peer Educators can present via Zoom (or other platforms) regarding food, housing, and financial stability resources for the entire UCSD community. All requests should be sent to basicneeds@ucsd.edu. ~The Hub Basic Needs Center

Online Mindfulness and Compassion Courses - All of our regularly scheduled mindfulness programs are now available live online, for the entire UCSD community! ~Center for Mindfulness

The Zone - striving to help students learn new skills, build healthy relationships, discover resources, and adapt a healthy lifestyle. ~The Zone

Daily Drop in Workshops - Educational and skill-building online Zoom workshops for students to learn new coping strategies or build upon tools they already have. ~CAPS

Open Community Forums - These are identity based forums to serve diverse student groups. ~CAPS

iFlourish - We offer three self-guided technology programs that provide evidence-based intervention designed to reduce stress, anxiety, and depression. ~CAPS