Sound Sleep = Sound Mind

Graduate Student
Mental Health Tip #1:

Be mindful of both caffeine and alcohol consumption. While alcohol can make you relaxed, sleepy, and able to fall asleep faster, it actually alters the sleep cycle leading to poor quality sleep.

For more information visit: caps.ucsd.edu/May
Graduate Student
Mental Health Tip #1:

Hate the gym? Skip it! Find a type of physical activity that you like. Enjoying your workout is one of the biggest predictors of sticking with a new routine.

For more information visit:
caps.ucsd.edu/May
Compassionate Actions = Compassionate Mind

Graduate Student
Mental Health Tip #1:

You’re allowed to take care of yourself. Consider a mindful beverage break. Slowly inhale the aroma and savor the flavor.

For more information visit: caps.ucsd.edu/May