



COUNSELING AND PSYCHOLOGICAL SERVICES

CAPS / UC SAN DIEGO / student health and well-being

Daily Drop-In Workshops: Fall 2017

Want to gain skills to increase well-being today? CAPS Daily Drop-In Workshops are open to all currently registered UCSD students. You do not need to make an appointment -- simply show up and enjoy! These educational workshops are not professional counseling or psychotherapy. If you have any questions, please call 858-534-3755 or visit our website at caps.ucsd.edu for more information. See you there!

Monday

ACT on LIFE

3:00-4:00pm, Weeks 2-10
with Dr. Dianna Quach
@ Pepper Canyon Hall 223



ACT on LIFE involves experiential exercises to move you towards acceptance, openness, and flexible thinking. You will be provided with tools and strategies to accept what is out of your control and to commit to actions that are in line with your values. The goal is not to take away painful experiences, but to find beauty with the ups and downs of life.

Tuesday

Study Better, Stress Less

3:00-4:00pm, Weeks 2-10
with Dr. Morgan Anderson
@ Murray's Place,
Student Health Services



Attend this study skills workshop if you want to learn new skills to help you achieve academic success! Procrastination, attentional struggles, test anxiety, difficulty with time management/organization, and academic anxiety will be addressed.

Wednesday

Train Your Brain:

De-Stress with Biofeedback

2:30-3:30pm, Weeks 3-10
with the CAPS Wellness
Peer Educators,
Supervised by
Dr. Patrick Savaiano
@ The Zone



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!

Mindfulness for Daily Living

3:00-4:30pm, Weeks 2-10
with Dr. Elise Curry
@ Murray's Place, Student
Health Services



Mindfulness meditation has been shown to be effective for reducing stress, anxiety, depression and increasing a sense of inner peace and contentment. Dr. Elise Curry has maintained a daily meditation practice for 16 years and has attended professional training programs for mindfulness.

Thursday

Flourish @ UC San Diego

3:00-4:00pm, Weeks 3-9
with Dr. Alex Thibeault
@ CAPS Central Office,
Galbraith 190



Want to find ways to belong, be you, and be well at UC San Diego? Dr. Alex Thibeault and a Wellness Peer Educator provide informative and interactive exercises to help you flourish! Topics will include: managing stress, building social confidence, mindfulness, and self-compassion.

Friday

WISE Mind

3:00-4:00pm, Weeks 3-10
with Dr. Parissa Nili
@ CAPS Central Office,
Galbraith 190



Emotional Mind + Logical Mind = WISE Mind. Wise mind is when both parts of the mind work together in harmony. Learn how to effectively tolerate everyday stressors, communicate effectively while maintaining self-respect and relationships, and improve your relationship with your emotions.

On 11/3/17: meet at Galbraith 254

On 11/3/17: meet at Galbraith 254 for iLead workshop

****Not offered on university holidays, including 11/10, 11/23, & 11/24****