

Stress Management Series: Graduate & Professional Students

- Free drop-in workshops!
- Gain strategies for stress management.
- Engage in relaxation & mindfulness.
- Discover the power of self-compassion.



By: Niyatee Sukumaran, Ph.D.

(858) 534-9057 • <https://caps.ucsd.edu/groups.html>

@ GSA GRAD LOUNGE

(by Triton Food Pantry &
Art of Espresso)

Original Student Ctr

Wednesday, 1-2 pm

Oct 24, Nov 7 & Nov 21

This workshop is NOT counseling/ psychotherapy;
If you would like counseling, please call CAPS at
(858) 534 3755.



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