



Daily Drop-In Workshop - Thursdays
Free to registered students. No appointment needed.

Relaxation Skills

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.

Photo by Bruce mars from Pexels

Thursdays, Weeks 2-10
3:00-4:00 PM
CAPS Central Office
I90 Galbraith Hall



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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 or psychotherapy.