



# Tritons RISE Together Workshops

## Spring 2024: Weeks 1–10



**RISE for your daily dose of Well-Being!** Join us for our Tritons RISE Together innovative and experiential workshops. Based on research from peak performance psychology, mind/body sciences and the field of positive psychology, our RISE Workshops are here to promote you reaching your potential in all areas of your life: emotional, physical, and social. Be inspired, learn skills, and build our Triton community! You do not need to make an appointment unless the workshop indicates pre-registration – simply show up! Be sure to check out our RISE website for additional special events being planned throughout the quarter and any calendar updates: <https://caps.ucsd.edu/rise>

### SunRISE Yoga Session (*Recreation and CAPS*)

**Mondays 10–11am, Week 2 (4/8) – Week 10 (6/3), Except (4/1, 5/27)**

Presenting a CAPS & Recreation partnership yoga class! Join in our SunRISE community for a well-being and movement-based session designed to both ground and inspire you! Start your week by creating a growth mindset and setting your intentions.

- Pre-register through [Recreation](#) to save your spot as this workshop fills up.
- Bring a yoga mat or towel and see you there Tritons!

**Location:** in-person @ RIMAC in Activity Room 1



### Performance Lab

**Tuesdays 1–2pm, Week 1 (4/2) – Week 10 (6/4), with Erin Kelly Bartelma, Psy.D. and Specialized CAPS Speakers**

Join our interactive lab workshops to learn about the “science of success” and strategies to help you flourish in the classroom and in life! Each week we’ll practice new strategies:

- Week 1: Building Your Foundation for Success
- Week 2: Goal Setting
- Week 3: Motivation
- Week 4: Procrastination Tools
- Week 5: Managing Performance/Test Anxiety
- Week 6: Confidence Boost
- Week 7: Creating Consistency
- Week 8: Well-Being & Performance
- Week 9: Focus & Concentration
- Week 10: Going into Finals Strong

**Zoom link:** <https://uhealth.zoom.us/j/84688908165>

### Mindfulness Studio (*Recreation and CAPS*)

**Wednesdays 1–2pm, Week 1 (4/3) – Week 10 (6/5), with Haim Shemer, Psy.D. and Graduate Well-Being Associates Ali Punsalan and Lulu Arrigoni**

RISE Mindfulness Studio is a drop-in workshop where you can practice ways to:

- Connect more deeply with yourself and others
- Gain/regain inner peace and joy
- Engage in visualizations, breathwork & compassion-based meditations

Pre-register through [Recreation](#) and please bring a blanket or mat to class. We look forward to seeing you there!

**Location:** in-person @ RIMAC in Activity Room 2



### Co-Curricular Record Well-being Certificate

As part of the Tritons Flourish initiative, the RISE Well-being & Community Engagement CCR Opportunity (RISE CCR) enables all UC San Diego students to earn credit on their Co-Curricular Record for being active participants in programming that aims to promote students’ well-being and build a community of care on our campus.

To learn more about CCR credit please visit the [Co-Curricular Record](#) website.



## Joyful Movement (*Recreation and CAPS*)

Wednesdays 3–4pm, Week 1 (4/3) – Week 10 (6/5), with Allie Wagner, Ph.D.; and Sarah Bromley, LCSW

Experience what joyful movement can do for your body & mind! Come join us to explore what making peace with your body can mean through:

- Developing mindfulness skills and applying them during movement
- Learn about your body's inner wisdom
- Spark joy through experimenting with different types of movement.



Pre-register through [Recreation](#). We look forward to seeing you there!

**Location:** in-person @ RIMAC in Activity Room 3

## Stress Better: Skills for Managing Stress (*The Zone and CAPS*)

Thursdays 2-3pm, Week 2 (4/11) – Week 9 (5/30), with Melissa Hawthorne-Campos, LCSW, Except 4/25

Are you feeling stressed or anxious? In this workshop we will:

- Discover effective techniques for dealing with stress or mild anxiety
- Learn two usable strategies each week!

Come join us at The Zone for easy and quick coping skills.

**Location:** in-person @ [The Zone](#)

## Sleep Reset

Fridays 1–2pm, Week 1 (4/5) – Week 10 (6/7), with Mike McGlenn, Psy.D.

Sleep from A to Zzzzs! Get the best sleep YOU can – to rest, restore, and refuel. Join us to:

- Get the best quantity and quality of sleep
- Learn research based tips and techniques
- Discover sleep resources designed to fit your life

We start where you are at today to make all the gains possible for you and your needs. Find out what a sleep reset can do for mood, focus, concentration, energy and more!

**Zoom link:** <https://uchealth.zoom.us/j/81464946925>



*RISE workshops are open to all currently registered UC San Diego students. These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS Central Office at (858) 534-3755 to arrange an appointment.*



# TRITONS RISE

## With Outback



JOIN UCSD COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) AND OUTBACK ADVENTURES ON A SERIES OF RECREATIONAL ACTIVITIES AND MENTAL HEALTH DISCUSSIONS TO IMPROVE YOUR WELL-BEING!

COMPLETE ALL THREE TO LEARN ABOUT DIFFERENT ELEMENTS OF POSITIVE PSYCHOLOGY AND EARN SPECIAL RECOGNITION.



4/17 10am-12pm

*Peak Connections (Rock Climbing)*  
*@ Outback Climbing Center*

This activity emphasizes Resilience, Trust, and Teamwork



5/1, 10am-12pm

*Microadventure Hike*  
*@ Torrey Pines Extension*

This activity emphasizes Awe, Mindfulness, and Creativity



5/15, 10am-12pm

*Leap of Faith*  
*@ Challenge Course*

This activity will focus on Grit, Goal-setting, and Self-compassion



THIS ACTIVITY IS OPEN TO REGISTERED UCSD STUDENTS ONLY. REGISTRATION OPENS ON APRIL 1 – WE ENCOURAGE YOU TO TRY THEM ALL!

REGISTER USING THIS [LINK](#)







**LGBTQIA+ COMMUNITY-CENTERED**

# TRITONS RISE

## *With Outback*



ARE YOU LOOKING FOR AN LGBTQIA+ INCLUSIVE SPACE FOR OUTDOOR PHYSICAL ACTIVITIES? PLEASE JOIN UCSD COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) AND OUTBACK ADVENTURES ON A SERIES OF RECREATIONAL ACTIVITIES AND MENTAL HEALTH DISCUSSIONS TO IMPROVE YOUR WELL-BEING!



*4/24 10am-12pm*

*Peak Connections (Rock Climbing)  
@ Outback Climbing Center*

This activity emphasizes Resilience, Trust, and Teamwork



*5/8, 10am-12pm*

*Microadventure Hike  
@ Torrey Pines Extension*

This activity emphasizes Awe, Mindfulness, and Creativity



*5/22, 10am-12pm*

*Leap of Faith  
@ Challenge Course*

This activity will focus on Grit, Goal-setting, and Self-compassion



THIS SERIES IS AN INCLUSIVE SPACE, SPECIFICALLY FOCUSING ON QUEER, TRANSGENDER, AND NONBINARY COMMUNITY BUILDING. PLEASE PRE-REGISTER FOR EACH ACTIVITY.

REGISTER USING THIS [LINK](#)