



Tritons RISE Together Workshops

Winter 2025: 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 1 (1/6) – Week 10 (3/10); *Except (1/20, 2/17)*

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 (1/7) – Week 10 (3/11), 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://uchealth.zoom.us/j/84688908165>

Mindfulness Studio (Recreation and CAPS)

Wednesdays 5–6pm, Week 1 (1/8) – Week 10 (3/12), with Haim Shemer, Psy.D. and GAPSWell Associates

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 @ [Nuevo East Exchange Building](#), Second Floor Yoga Room



Stress Better: Skills for Managing Stress (Craft Center and CAPS)

Thursdays 2-3pm, Week 1 (1/9) – Week 10 (3/13), with Melissa Hawthorne-Campos, LCSW

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 and explore the Craft Center!

Location: In-person @ [Craft Center](#), Sixth College

UC San Diego
CRAFT CENTER

Sleep Reset

Thursdays 3-4pm, Week 1 (1/9) – Week 10 (3/13), with Kaitlyn Saulman, 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://ucsd.zoom.us/j/93046419533>

Restorative Movement

Fridays 3-4pm, Week 1 (1/10) – Week 10 (3/14), with Sarah Bromley, LCSW

Come join us to learn ways of taking care of your body and your mind by applying mindfulness skills to gentle movement sequences. This drop in workshop will help you:

- De-stress and unwind at the end of the week
- Develop increased awareness of your body's inner wisdom
- Cultivate greater body acceptance

Pre-register through [Recreation](#). Yoga mats and blankets are available. Dress comfortably.

Location: In-person @ RIMAC, 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.



CAPS programs are open to all currently registered UC San Diego students, regardless of race, color, national origin, or any other protected status. 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 Counseling and Psychological Services (CAPS) and Outback Adventures on a series of recreational activities and mental health discussions to improve your well-being!



Flow and Float—Paddleboard Yoga @ Mission Bay

1/24, 12:30-4pm

This activity emphasizes flow, awe and gratitude.



Microadventure Hike @ Torrey Pines Extension

2/7, 1-3:30pm

This activity emphasizes awe, mindfulness, and creativity.



Leap of Faith @ Challenge Course

2/21, 1-3:30pm

This activity will focus on grit, goal-setting, and self-compassion.



Activities are open to registered UC San Diego students only. Please pre-register for Each activity. We encourage you to try them all!

Register on the [Recreation Website](#)

