

# SOM 2<sup>nd</sup> Year Group

## *Optimizing Performance and Maintaining Wellness*

**Monthly** support in preparation for **Step I**. Sessions will include:

- Motivational interviewing for goal achievement
- Capitalizing on strengths and managing negative thoughts
- Mindfulness for honing focus and reducing anxiety
- Peak performance strategies

★ All sessions incorporate experiential exercises & authentic conversation

**Dates:** Monday, January 12<sup>th</sup>, 12:30-2:00 pm  
Monday, February 9<sup>th</sup>, 12:30-2:00 pm  
Monday, March 2<sup>nd</sup>, 12:30-2:00 pm

*Must commit to all three sessions.*

**Location:** SOM (Room TBA)

*Space limited to first 16 students to sign up.  
Reserve your spot today. CAPS online registration required.*

*For questions, contact:  
Christina Lambert, Ph.D.  
(858) 534-3035*

*This meeting is 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.*



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