

Peace of Mind

(Drop-In Workshop)

Learn how to reduce stress more effectively and reach your optimal potential at UC San Diego and in life. This group is offered on Fridays starting on 10/9/15, and there is no sign-up necessary. You can attend one, some, or all sessions.

Fall 2015: Topic Schedule:

- 10/9/15: Learn skills to reduce suffering & increase happiness
- 10/16/15: Help to decrease emotional arousal and increase attention
- 10/23/15: Develop effective communication skills
- 10/30/15: Learn how to ask for what you want and say “no”
- 11/6/15: Discuss the importance of emotions
- 11/13/15: Build strategies to help overcome emotional suffering
- 11/20/15: Work towards accepting reality and decreasing distress
- 12/4/15: Learn the benefits of self-soothing when distressed

Date: Fridays

Time: 12:30-1:30pm

Location: Serenity Room @ CAPS Central Office (190 Galbraith)

Please direct questions to:

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