

Peace of Mind Group

(Drop-In: offered every wk)

Learn how to reduce stress more effectively, and reach your optimal potential at UCSD and in life. This group is offered Tuesdays starting on 1/27/15, and there is no sign-up necessary. You can attend one, some, or all sessions.

Winter 2015: Topic Schedule:

- 1/27/15: Mindfulness I: Wise Mind
- 2/3/15: Mindfulness II: Non-judgmental Stance
- 2/10/15: Interpersonal Effectiveness III: Negotiating Conflicts
- 2/17/15: Interpersonal Effectiveness IV: Objective Effectiveness
- 2/24/15: Emotion Regulation V: Biopsychosocial Theory of Emotion
- 3/3/15: Emotion Regulation VI: Increase Positive Emotions
- 3/10/15: Distress Tolerance VII: Accepting Reality
- 3/17/15: Distress Tolerance & Finals Tips VIII: Self-Soothe

Date: Every Tuesday

Time: 3:00 pm - 4:30 pm

Location: Galbraith Hall: The Inspiration Rm

Please direct questions to:

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