Wellness Resources at UCSD

CAPS

Caps provides Counceling, workshops and community forums for all UC San Diego Students.

Contact

-Counceling App: 858-534-3755 -24/7 Crisis Care: (After hours) 858-534-3755 *select option 2

> https://caps .ucsd.edu

https://heal thpromotio n.ucsd.edu/ zone/index.

html

The Zone

The Zone is a lounge for student well-being designed to promote healthy, balanced living to UC San Diego students.

Contact

-Location: Price Center Plaza -Call: 858-534-5553 -Email: zone@health.ucsd.edu

Healthy Cooking

The Underground Scholars offer a "Grocery Gift Card" Stipend to its participating members!

Are You

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Health Coaching

Is a 45-minute coaching session with a health educator which will help you make simple changes in your lifestyle that support your overall health, as well as your personal and academic success.

Sleep Tip #1

-Maintain a consistent sleep schedule seven days a week.

Sleep Tip #2 -Establish a relaxing bedtime routine

Sleep Tip #3 -Reserve your bed for sleep, sex and sickness only.

Sleeping?

Community

Physical Activity

Physical activity is one of the best things you can do in your daily routine to live a healthier lifestyle and improve your overall wellbeina!

Center for Mindfulness

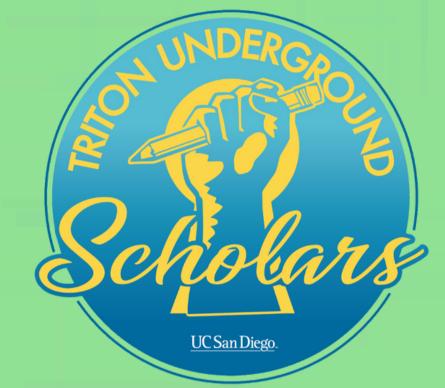
The Center for Mindfulness has meditations and breathing exercises ready for students to practice. T.U.S. is also known to host workshops on this.

Well Being

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4. Intellectual 5. Occupational

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The 8 Dimensions

Who We Are

Triton Underground Scholars

The Underground Scholars Initiative is building the prison to school pipeline through recruitment, retention, and advocacy for incarcerated, formerly incarcerated, and system impacted students.

Wellness Pillar

Wellness Pillar is here to meet our students' health needs holistically & with love UC SAN DIEGO

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