

Wellness Resources at UCSD



CAPS

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

Contact

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

Healthy Cooking

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

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.

Well Being

1. Emotional
2. Environmental
3. Financial
4. Intellectual
5. Occupational
6. Physical
7. Social
8. Spiritual

Learning about the Eight Dimensions of Well-Being can help you choose how to make well-being a part of your everyday life.



<https://caps.ucsd.edu>

<https://healthpromotion.ucsd.edu/zone/index.html>

Are You Eating Well?

<https://healthpromotion.ucsd.edu/services/health-coaching/index.html>

Sleeping?

Community

The 8 Dimensions

Who We Are

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

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.

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 well-being!

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.

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.



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