Spring 2020 Virtual Programs
https://ucla.zoom.us/join

Trauma-Informed Yoga for Survivors
Mon 10-11:30am; wks 3-7
RSVP here: tinyurl.com/vuc59ad

Self-Care Drop-In
Mon 12:30pm; wks 3-8
Zoom ID: 772-502-729

GRIT Drop-In Connection Circles
Tues 12-1pm; wks 3-8
Zoom ID: 378-655-619

Mental Health Leadership Training
Tues 4-5:30pm; wks 3-7
RSVP here: tinyurl.com/12jpgoy

Managing Stress & Anxiety Amidst COVID-19
Wed 12-1:30pm; wks 3, 6, & 10
Zoom ID: 553-381-971

Mindfulness Meditation Drop-Ins
Wed 12:30-1pm; wks 3-9
Zoom ID: 355-599-987

GRIT Resilience Workshops
Thurs 4-5:15pm; wks 3 & 7
RSVP here: tinyurl.com/sdm4au5

Mindful Writing for Grad Students
Thurs wk 3, Fri wks 4, 7, & 9; 10:30-11:45am
Zoom ID: 484-753-724

Need some inspiration for studying? Need a self-care break?
Visit risecenter.ucla.edu to access:

Self-Guided Healing Library
Downloadable PDFs on grounding exercises, self-care, creating routine, schedule mapping, & more

Virtual Healing Library
Pre-recorded healing & educational videos released throughout the quarter

RISE Playlist
Calming, joyful, & inspiring songs to underscore the quarter

GRIT 1-on-1 Virtual Coaching | Sign up at grit.ucla.edu/request-a-coach to request a coach who will support your well-being during Spring Quarter.

Visit eRISECenterUCLA on social media for quick tips on how to incorporate self-care into your daily routines & manage the transition to online learning!