

Bruins RISE

Your Guide to Health & Well-Being at UCLA

Self-Care Communities, Support Services, and Emergency Resources

Presented by the RISE Center

“Resilience isn’t just an individual effort. It takes a whole community to help one person.”

—Student feedback from the RISE Center



Resilience is the ability to adapt, connect, persevere, and thrive in the face of adversity.

As you tap into your innate mechanism for resilience, over time your daily and long-term outcomes can improve. Resilience affects all domains of life including your social relationships, your academic performance, your mental health, your professional outlook, and your overall well-being.

UCLA helps you develop resilience through our inclusive opportunities for self and community care, a wide range of support services, and multiple outlets for emergency response.

By helping you incorporate resilience into your student experience, UCLA helps all students RISE to their fullest potential.

Intentionally focusing on self-care helps us to build the resilience, stamina and hope that will help us thrive through challenging experiences.

In this guide, you will be introduced to the eight dimensions of wellness, ways to check-in with your emotional health, as well as a number of resources to support your self-care.



Dimensions of Wellness

Source: Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.

Every individual experiences multiple dimensions of life that can be categorized into 8 dimensions of wellness.

Wellness is “a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity” (World Health Organization).

At any point, one or more of those domains may be bringing pleasant experiences, and conversely they can bring unpleasant experiences. By paying attention to what you need in each of these domains, you can find the resources on campus that will help you with what you need.



SOCIAL WELLNESS

Pursuing satisfying relationships with others, engaging in effective ways of resolving conflicts

Understanding of personal & social identity within larger community

PHYSICAL WELLNESS

Pursuing healthy, safe practices in areas of exercise, sleep, substance use, nutrition and sexuality

Engaging in self-care behavior which promotes thriving and prevents illness

EMOTIONAL WELLNESS

Being aware of and accepting one's own feelings and the feelings of others

Paying attention to, expressing and managing one's emotions effectively

Managing stress and dealing with difficult decisions productively

CAREER WELLNESS

Preparing for and entering work that is consistent with one's personal interests and values (including parenthood)

Gaining satisfaction from work that is personally enriching and rewarding

Expanding and evolving one's skills and interests throughout life

INTELLECTUAL WELLNESS

Engaging one's mind in creative and stimulating activities

Using resources to expand knowledge and improve skills

Adapting to changes, new information, differing perceptions and approaches

FINANCIAL WELLNESS

Obtaining, managing and maintaining finances appropriately

Healthy relationship with money

ENVIRONMENTAL WELLNESS

Acting with recognition of the interdependence of self, society and the natural environment

Maintaining home/work/study space in a way that supports success and thriving

EXISTENTIAL WELLNESS

Values toward meaning and purpose in life – outside of or within the context of religious tradition

Understanding personal and social identity (including ethnicity, sexual orientation, gender, etc.)

Emotional Self-Care Checklist

Source: Anna Lindberg Cedar, MPA

NOW is always a great time to check in on your emotional health. Take a moment to notice any areas of emotional self-care that you have neglected. Give yourself a self-care boost to improve your mood, your health, and your life. You deserve it!

GET GOOD SLEEP.

Adults need an average of 7 to 9 hours of sleep for peak performance. Give yourself a relaxing sleep routine, shut off any screens 30 minutes before bedtime, and stay on a regular sleep schedule to get the most restful sleep (try setting a bedtime alarm). Check out www.sleepfoundation.org for more tips on a healthy sleep routine.

NOURISH AND MOVE YOUR BODY.

Our mental health is inseparable from our physical health, so treat your body well to feel your best. Avoid processed foods, eat a colorful diet to capture a diversity of nutrients, and drink plenty of water. Exercise, especially cardio, has an amazing impact on our mood. They don't call it a "runners high" for nothing. Give yourself permission to start slow if you are just getting back into exercise, but make sure to move your body every day. Treat your body the way you would like to feel.

CONNECT WITH OTHERS.

We as people are pack animals and feel our best when we are in trusting and healthy relationships. Consider volunteering your time, calling an old friend, or meeting up with someone IRL (in real life) to feel connected to others. Look for friendships that allow you to talk honestly and authentically about how you are feeling.

BREATHE DEEPLY.

Slow, deep breaths will calm the nervous system in a moment of stress. If it is hard to catch your breath, focus your attention on calmly exhaling your breath all the way and trying again. Let all of your worries float away for a moment and redirect your attention back to your breath, over and over again.

DO SOMETHING FUN.

(EVEN IF YOU DON'T FEEL LIKE IT!) With stress and overwhelm it can be easy to forget to save time for fun, but this is an essential part of emotional well-being. Give yourself the chance to stimulate new positive feelings by making time to do at least one fun activity everyday. Be creative, try new things, and experiment.

GIVE YOURSELF CREDIT.

We tend to focus on the negative when we are stressed, which leads to more and more anxiety and depression. Take a moment to pause and reflect on at least 3 things that you have done well today. Give yourself credit for even the little things. To start, you're reading about self-care right now, so that's great!

PRACTICE BALANCE AND MODERATION.

Are you obsessing about work? Stuck on the couch? Eating too much or too little? Drinking a little too much? Notice if you're relying too heavily or not enough on any one habit to manage stress. Look for diverse coping strategies so that you don't get stuck in a rut. Ask others how they manage their stress and try something new.

FIND HOPE FOR THE FUTURE.

Take a step back and look at the bigger picture of your life. What motivates you to keep going on a difficult day? What do you hope to accomplish in your life? Who is important to you? What is pushing you forward? When this moment feels tough, look ahead to hopes for the future.

How to Boost Your Mood

by Nikita Gupta, MPH, CHES, RYT, Program Director, GRIT Coaching Program

Take one minute every day to celebrate your small successes. This can be anything from talking out loud in class, to enjoying the sunshine, to taking a nap because you needed rest. Appreciating your day-to-day journey is a powerful way of supporting positive mental health and getting you to your goals.



Succeed through self-empowerment.

When you make the transition to college, there are lots of big changes: the way you study, the way you share your space, and even the way you move from place to place.

Perhaps the biggest change for many students is the shift to a more independent lifestyle, which can lead to an overwhelming set of life choices.

The key to this transition is building resilience and self-empowerment. When you take the initiative to make the most of the resources available to you, your transition to a self-directed life becomes much smoother, improving your potential for academic and personal success.

Transform Stress into a Call to Action

by Dr. Drea Letamendi, Psychologist and Interim Director of the RISE Center

Stress is often a signal for us to take action. For instance, if you have a bit of anxiety or mounting unease, try channeling that energy differently by letting it juice up your motivation and readiness. Stress can activate *strength*!

1. Reflect on the uncomfortable feeling. Research shows that when we acknowledge our difficult feelings, we get through them faster and experience them with less intensity.
2. Say something supportive to yourself as if you would a close friend. Make sure it is genuine. It turns out that the encouragement we'd give a friend is just as helpful if we direct it inward.
3. Observe your stress as an energy within you, a "call to action," and redirect that energy as fuel to help you focus on your goals, prepare for an upcoming challenge, or ask for some help. Harness your stress to learn and grow.

Self-care through community connection.

In order to RISE, it's important to surround yourself with people who honor your self-care. Sleeping well, eating right, and exercising are important components of resilience, and UCLA offers students hundreds of communities for meaningful connections that prioritize self-care and foster compassion for others.

Here are some of the resources UCLA offers you that can help you take care of yourself and make healthy connections with other students.

ACADEMIC ADVANCEMENT PROGRAM (AAP)

1205 Campbell Hall
(310) 206-6229

aap.ucla.edu
FB @uclaap, IG @aapucla

The Academic Advancement Program (AAP) is the nation's largest university-based student diversity program that supports students from high-need families, first-generation students, recently immigrated students, and historically underrepresented students.

ACADEMIC DEPARTMENTS

ucla.edu/academics/departments-and-programs

Academic departments offer multiple ways to connect while also giving students the tools to take care of themselves. Ask the departments that interest you about their self-care and community-building programs.

BRUIN RESOURCE CENTER (BRC)

B44 Student Activities Center
(310) 825-3945

brc.ucla.edu
FB/IG @uclabrc

The Bruin Resource Center (BRC) specializes in supporting former foster youth, undocumented students, transfer students, veterans, students in recovery, and students with children, helping each of these groups make the most of their UCLA experience.

Self-care through community connection. (cont'd)

COMMUNITY PROGRAMS OFFICE (CPO)

105 Student Activities Center
(310) 825-6969

cpo.ucla.edu
FB/TW @uclacpo, IG @ucla_cpo

The Community Programs Office (CPO) empowers students from historically marginalized communities through student-run outreach and retention programs, including a food closet for any UCLA student who may be experiencing hunger and/or struggling to attain food due to financial hardship.

DASHEW CENTER FOR INTERNATIONAL STUDENTS & SCHOLARS (DCISS)

106 Bradley Hall
(310) 825-1681

internationalcenter.ucla.edu
FB/TW @DashewCenter, IG @dashewcenterucla

The Dashew Center offers many levels of support to international students at UCLA, including the International Student Ambassadors Program which supports international students by providing advice and resources to help ease their transition to life in Los Angeles and at UCLA.

FRATERNITY & SORORITY LIFE (FSL)

109 Kerckhoff Hall
(310) 825-6322

fsl.ucla.edu
FB @bruin.greek, IG/TW @uclagreeklife

The Office of Fraternity & Sorority Life aims to enhance the growth and development of UCLA students through their membership in, or engagement with, the fraternity and sorority community.

GRADUATE STUDENT RESOURCE CENTER (GSRC)

B11 Student Activities Center
(310) 267-4805

gsrc.ucla.edu
FB/TW @uclagsrc, IG @ucla_gsrc

The Graduate Student Resource Center is a resource, referral and information center for graduate and professional school students. This center offers advice and assistance in dealing with the challenges of graduate school.

Self-care through community connection. (cont'd)

LGBT RESOURCE CENTER

B36 Student Activities Center
(310) 206-3628

lgbt.ucla.edu, linktr.ee/UCLALGBTQCRC
FB/IG/TW @uclalgbtq

The LGBT Resource Center provides a comprehensive range of education and advocacy services supporting intersectional identity development as well as fostering unity, well-being, and an open, safe, and inclusive environment for UCLA's LGBTQ community.

MINDFUL AWARENESS RESEARCH CENTER (MARC)

Semel Institute, Room 17-468
(310) 206-7503

uclahealth.org/marc
FB @UCLAMindfulAwarenessResearchCenter
IG @UCLAMindful

Located within the Semel Institute for Neuroscience and Human Behavior, MARC offers mindfulness meditation classes, workshops, and free online guided meditations that can help students, staff, and faculty reduce stress and relax.

RECREATION

John Wooden Center
(310) 825-3701

recreation.ucla.edu
FB/IG/TW @uclarec

UCLA Recreation offers programming which encompasses the competitive, passive, social, cultural, and instructional aspects of recreational activity at 16 of the University's recreational and athletic facilities.

RESIDENTIAL LIFE

205 Bradley Hall
(310) 825-3401

reslife.ucla.edu
FB/IG/TW @uclahousing

Resident Assistants on each floor and Resident Directors in each building of on-campus housing help build communities right where students live and provide peer and professional support.

Self-care through community connection. (cont'd)

RESILIENCE IN YOUR STUDENT EXPERIENCE (RISE CENTER)

Lu Valle Commons

risecenter.ucla.edu, linktr.ee/uclarisecenter

398 Portola Plaza (B Level)

FB/IG @risecenterucla, TW @ UCLA_RISE

The RISE Center is a holistic well-being hub that provides programs, trainings, and self-directed resources to foster resilience, connection, and well-being.

SEMEL INSTITUTE FOR NEUROSCIENCE & HUMAN BEHAVIOR

760 Westwood Plaza

semel.ucla.edu

IG @healthyucla

The Semel Institute offers pioneering initiatives intended to foster mindful awareness across the lifespan through education and research to promote well-being and a more compassionate society.

STUDENT ORGANIZATIONS, LEADERSHIP & ENGAGEMENT (SOLE)

105 Kerckhoff Hall

sole.ucla.edu

(310) 825-7041

FB @UCLASOLE, IG @bruinleaders

The office of Student Organizations, Leadership & Engagement (SOLE) schedules Bruin Plaza for registered campus organizations (RCOs) and helps with the planning of their activities. Students can also visit SOLE for a list of student organizations and other ways to get involved on campus.

The Importance of Self-Care

by Zabie Yamasaki, M.Ed., Program Director, Trauma-Informed Programs

As best you can, try and identify ways to nurture all parts of you each and every day. Self-care is a way to choose you, prioritize your needs, and find small, manageable ways to begin integrating tools that support your well-being.

Seek support services early.

Searching for answers online and reaching out to friends and family are good first steps for physical and mental health support, but don't forget that there are trained professionals on campus who are here to help you. Get to know those support services early on in your Bruin career.

Here are some of the resources UCLA offers that can support you if you're looking to improve your quality of life, from the physical to the mental to the financial.

ARTHUR ASHE STUDENT HEALTH & WELLNESS CENTER

221 Westwood Plaza
(310) 825-4073

studenthealth.ucla.edu, linktr.ee/uclaasheccenter
FB @uclastudenthealth, IG/TW @uclaasheccenter

The Ashe Center's comprehensive services include Primary Care, Women's Health, Immunizations, Travel Medicine, Physical Therapy, Specialty Clinics, Radiology & Laboratory, and Acupuncture.

BRUIN HEALTH PHARMACY

A250 Ackerman Union
(310) 825-4073, Option 3

studenthealth.ucla.edu/pharmacy

The Bruin Health Pharmacy offers counseling and advice to students, a full range of prescription medications, and over 70 over-the-counter medications.

CAMPUS ASSAULT RESOURCES & EDUCATION (CARE)

A223 Murphy Hall
(310) 206-2465

careprogram.ucla.edu, linktr.ee/uclacareprogram
FB/IG @uclacareprogram

CARE is a safe place for survivors of sexual assault, dating violence, and stalking to get consultation, counseling, and 24-hour support. CARE offers comprehensive prevention education, individual support and advocacy, and holistic healing programs for all members of the UCLA community.

Seek support services early. (cont'd)

CAREER CENTER

Strathmore Building, 2nd Floor
(310) 206-1915

career.ucla.edu
FB/IG @uclacareercenter, TW @CareerCtrUCLA

The UCLA Career Center offers services and resources to help UCLA students, UC graduates and employers reach their goals. The Career Center introduces students to an array of career possibilities and internships, linking a student's major to their career choices.

CENTER FOR ACCESSIBLE EDUCATION (CAE)

A255 Murphy Hall
(310) 825-1501

cae.ucla.edu
(310) 206-6083 (TDD)

The Center for Accessible Education (CAE) offers assistance for students with permanent and/or temporary disabilities. CAE facilitates academic accommodations and provides access to the numerous educational opportunities available to students at UCLA.

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

John Wooden Center West
(310) 825-0768

counseling.ucla.edu

CAPS offers individual and group counseling, psychiatric evaluation and treatment, crisis and organizational consultation, psychological and well-being education, professional mental health training, and referral services for all registered UCLA students. Counselors are available by phone 24 hours a day.

DEAN OF STUDENTS

1104 Murphy Hall
(310) 825-3871, (310) 825-3894

deanofstudents.ucla.edu
dean@saonet.ucla.edu

The Office of the Dean of Students is a portal to understanding the UCLA experience and are committed to the personal and intellectual growth and development of UCLA students.

Seek support services early. (cont'd)

FINANCIAL WELLNESS PROGRAM

A227 Murphy Hall

financialwellness.ucla.edu

FB/IG @uclafinancialwellness

UCLA's Financial Wellness Program seeks to empower all Bruins to confidently navigate their finances in a way that supports their overall well-being through workshops, coaching, and online educational efforts.

HEALTHY CAMPUS INITIATIVE (HCI)

healthy.ucla.edu

FB @uclaHealthyCampusInitiative

IG/TW @healthyucla

The Healthy Campus Initiative (HCI) aims to make the healthy choice the easy choice for the more than 85,000 students, faculty, staff, and visitors at UCLA with new and interesting approaches to exercise, mental health, and eating well.

OMBUDS SERVICES

105 Strathmore Building

ombuds.ucla.edu

(310) 825-7627

The Office of Ombuds Services is a place where members of the UCLA community—students, faculty, staff and administrators—can go for assistance in resolving conflicts, disputes or complaints on an informal basis.

RESILIENCE PEER NETWORK

ucla.rpn@gmail.com

resilience.ucla.edu

FB @UCLAResilience

The Resilience Peer Network is a collective of UCLA undergraduate and graduate students trained to support fellow students. RPN's fully trained Certified Resilience Peers can lead drop-in support groups for students through a research collaboration with the UCLA Depression Grand Challenge.



Seek support services early. (cont'd)

THE STAND PROGRAM

STAND@mednet.ucla.edu

depression.semel.ucla.edu

Students can track their mental health with the Screening and Treatment for Anxiety and Depression (STAND) Program. Using their mental health tracker, STAND can assess whether students are experiencing symptoms of anxiety or depression and offer free treatment options.

STUDENT HEALTH EDUCATION & PROMOTION (SHEP)

healtheducation.ucla.edu

[FB/IG @uclahealthed](https://www.facebook.com/uclahealthed)

Student Health Education & Promotion (SHEP) focuses on the health promotion and education of all UCLA students through health and well-being programming (i.e. sexual health, emotional health, body image/nutrition, etc.), peer health education internship training, life skills courses, and more.

STUDENT LEGAL SERVICES

A239 Murphy Hall

studentlegal.ucla.edu

(310) 825-9894

Student Legal Services provides confidential legal counseling and assistance to all currently registered and enrolled UCLA students.

TITLE IX OFFICE

2255 Murphy Hall

sexualharassment.ucla.edu

(310) 206-3417

The Title IX Office investigates reports of sexual harassment or sexual violence involving any member of the campus community.

Seek support services early. (cont'd)

UC SHIP (STUDENT HEALTH INSURANCE PLAN)

Ashe Center, 4th Floor

studenthealth.ucla.edu

(310) 825-4073

The UC Student Health Insurance Plan (UC SHIP) is a comprehensive medical insurance program offered to UCLA students. All registered students are automatically enrolled in UC SHIP.

U SEE LA OPTOMETRY

B-Level Ackerman Union

(310) 267-4772

studenthealth.ucla.edu/services/u-see-la-optometry-services

U See LA Optometry is an extension of the Ashe Center. This service offers comprehensive eye exams, as well as a selection of 700+ eyeglasses, sunglasses, and contact lenses.

Listening to Your Body

by Zabie Yamasaki, M.Ed., Program Director, Trauma-Informed Programs

We often spend much of the day neglecting the needs of our bodies. Our nervous system is constantly communicating to us about what we need. The most powerful thing we can do is listen.

Throughout your day, check-in with yourself and how your body is feeling. What would it feel like to go for a walk. Stretch your muscles. Schedule a workout with a friend. Your body deserves your own energy, love, and attention.

Sound the alarm in an emergency.

Everyone at UCLA has the right to feel safe and secure. If you find yourself in an unsafe situation or if you are facing a crisis that you don't think you can handle on your own, UCLA has emergency resources that will help you maintain your sense of safety, security, and resilience.

If you find yourself in a crisis, UCLA has many resources available that help keep you safe and maintain your resilience.

BRUINALERT

"Opt in" for text alerts
at [my.UCLA.edu](https://my.ucla.edu)
under Settings > BruinAlert.
TW @UCLABruinAlert

BRUINS SAFE

Visit bso.ucla.edu for updates.
Download the app from UCLA App
Store > Campus Life

CONSULTATION & RESPONSE TEAM (CR TEAM)

CRTeam@ucla.edu

studentincrisis.ucla.edu

IG @uclacaseamangement

Case Managers on the Consultation & Response Team (CR TEAM) are available to assess distressed students' needs and develop a plan of care. The CR Team is also available to advise campus constituents on how to work with students in distress.

ECONOMIC CRISIS RESPONSE TEAM (ECR TEAM)

(310) 206-1189

ecr@saonet.ucla.edu

studentincrisis.ucla.edu/Economic-Crisis-Response

The Economic Crisis Response Team (ECR TEAM) provides support and guidance to students who have self-identified, or are identified by UCLA faculty or staff, as experiencing a financial crisis that impacts their academic success at UCLA.

Sound the alarm in an emergency. (cont'd)

EVENING ESCORTS

(310) 794-WALK (9255)

police.ucla.edu/cso/evening-escorts

Community Service Officer escorts are available free of charge to walk with students, faculty, staff or visitors 365 days a year from dusk until 1 a.m. between campus buildings, local living areas or Westwood Village.

SAFE RIDE SERVICE

(310) 825-1493

UCLA Safe Ride provides a safe means of transportation around campus during the evening hours. The service is free of charge and available to all UCLA students, staff, faculty and visitors, Monday through Thursday, from 6:00 pm–11:00 pm.

UCLA POLICE DEPARTMENT (UCPD)

601 Westwood Plaza

police.ucla.edu

(310) 825-1491

FB/IG @uclapd, TW @UCPDLA

(310) 794-5824 (Anonymous Reporting Line)

For emergencies and crimes in progress, dial 9-1-1. If the matter is not an emergency but you would like an officer to respond to a particular location, dial UCPD dispatch at (310) 825-1491.





Build your resilience through the RISE Center.

Resilience In Your Student Experience (RISE) is an affiliate program of Counseling and Psychological Services (CAPS). RISE serves as a campus wellness hub and provides an array of healing and educational programs, workshops, and self-directed resources to foster and support resilience, connection, and well-being.

WHAT DOES THE RISE CENTER OFFER?

- A wellness oasis on campus to re-charge, relax, and replenish
- Healing programs including mindfulness groups, drop-in spaces, and trauma-informed yoga
- Mental health and well-being workshops, dialogue and discussion spaces
- Peer-to-peer wellness coaching (GRIT)
- Virtual wellness kits and resources, including a Meditation Library
- Consultation and outreach support for the campus community
- One-on-one assessments of student wellness needs with Resilience Advisors

Connect with us at the RISE Center.

The RISE Center

LuValle Commons, Basement Level, Room 01

398 Portola Plaza, Los Angeles, CA 90095

FB/IG @risecenterucla, TW @UCLA_RISE

risecenter.ucla.edu

