



Student Health
& Counseling
Student Academic Affairs

Millberry Union West
500 Parnassus Ave.
level P8, room 005
San Francisco, CA 94143

tel: (415) 476-1281
fax: (415) 476-6137
email: shs@ucsf.edu

William J. Rutter Center
1675 Owens St.
3rd Floor, room 330
San Francisco, CA 94156

tel: (415) 476-1281
fax: (415) 476-6137
email: shs@ucsf.edu

HUMP DAY

Fall 2017

Every Wednesday at Parnassus HSW 301, 10/4-12/6, 12p.m.-1p.m. Take a mid-week break and join Student Health and Counseling for the Fall 2017 Hump Day Student Wellness Series! **FREE LUNCH** (while supplies last!) provided for student attendees with RSVP!

Meal Planning Made Easy



Oct 4: Meal Planning Made Easy

We all know that meal planning is critical when it comes to healthy eating. But still, many students struggle to make this important practice a part of their weekly routine. In this presentation, we'll discuss how to avoid common pitfalls, and the exact steps you need to take to be successful with meal planning. Join dietitian Jessica Jones, MS, RD, CDE to get practical tips for meal planning made easy.

For more info or to RSVP, visit mealplanningfall2017.eventbrite.com

Don't Just Survive, Thrive!



Oct 11: Don't Just Survive, Thrive! Strategies for New and Returning Students

Being overwhelmed, feeling like an impostor, losing work/life balance, and burning out can all be common experiences at UCSF. Join psychotherapist John Tighe, LCSW, to look at the stressors you face as a student at UCSF, whether new or returning, and develop the tools and resources you need when times get tough.

For more info or to RSVP, visit surviveandthrivefall2017.eventbrite.com

Critical Triad to Health



Oct 18: Strategies for Success: Critical Triad of Eat, Sleep, and Exercise

What strategies do you use to maintain a healthy lifestyle? What does science say about this trio and how it supports success? Join Jessica Jones, MS, RD, CDE, dietitian and Dr. Susan Rosen, MD, Executive Director and primary care provider, to learn how to incorporate quick and easy strategies into a busy schedule in order to prosper.

For more info or to RSVP, visit criticaltriadfall2017.eventbrite.com

Mindfulness 101



Oct 25: Mindfulness 101

Ever feel like you just can't slow down? Always rushing from one thing to another? Is your mind always thinking about the next thing on the to-do list? Come join psychologist Lindsey Brooks, PhD – to learn practical mindfulness strategies to shift to a more focused and relaxed state. Discover how mindfulness can help you enjoy the present moment, improve academic performance, and build resilience. Come ready to learn and to practice your new skills!

For more information or to RSVP, visit mindfulness101fall2017.eventbrite.com

Contraception



Nov 1: Contraception: Misconceptions and Myths for Providers and Consumers

Join Lisa DiGiorgio-Haag, WHNP, FNP, primary care provider, as she shares hidden gems and insights into the world of contraceptives. Questions? Submit any questions in advance to Lisa at lisa.digiorgio-haag@ucsf.edu to be addressed anonymously during the workshop (time permitting).

For more info or to RSVP, visit contraceptionfall2017.eventbrite.com

First Generation Students



Nov 8: Thriving as a First-Generation College Student

Are you a first-generation student seeking to thrive? Are you interested in learning ways to build your resiliency as you navigate UCSF? Come to this interactive presentation with psychologist, Lindsey Brooks, and First Generation Programs Director, Alece Alderson, where we will explore common challenges, build coping skills, and connect you with resources. Open to all students who are first in their family to attend college. *Limited to a maximum of 80 students.*

For more info or to RSVP, visit
firstgenfall2017.eventbrite.com

Healthy Sleep



Nov 15: Counting Sheep - A Guide for Healthy Sleep

Chronic, poor sleep is associated with a number of negative physical and mental health consequences, but as a graduate student, it can be hard to get a good night's rest. Come to this workshop led by psychologist Alexandra Thurston, Psy.D. and learn sleep hygiene and cognitive and relaxation strategies to help you catch some zzz's.

For more info or to RSVP, visit
healthysleepfall2017.eventbrite.com

Holidaze



Nov 29: Holidaze - Enjoying Alcohol and Food without Overdoing it this Season

The holidays can be a time of cheer, but it can be easy to overdo it, leading many people to drink or eat more than they want. Do you want to enjoy the holidays and be sure not to overdo it? This presentation, led by dietitian Jessica Jones MS, RD, CDE, and psychotherapist John Tighe, LCSW, focuses on keeping alcohol and food a balanced, healthy part of the holiday season.

For more info or to RSVP, visit
holidazefall2017.eventbrite.com

Perks of Being an Introvert



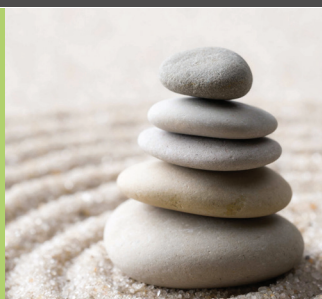
Dec 6: Perks of Being an Introvert

Have you ever been called 'shy,' 'quiet,' 'a thinker,' or a 'wallflower'? Do you appreciate alone time? Do you find it exhausting to operate in large social gatherings, or on teams? Do you experience social anxiety? Congratulations, you may be an introvert! Join Justin Gibson, PhD, for a talk about the power of introversion in a world that often seems dominated by the extroverted and outspoken, and how your temperament can help you thrive.

For more info or to RSVP, visit
introvertfall2017.eventbrite.com

Student Health offers 3-week, evening group workshops aimed at enhancing your self-care and academic well-being at UCSF.

Mindfulness for Stress Reduction



Sep 27, Oct 4 and 11: Mindfulness for Stress Reduction Group @ Mission Bay

Mindfulness, which is intentional and nonjudgmental awareness of the present moment, has been shown to reduce stress, increase focus, strengthen compassion, and enhance well-being. Come join this free 3-week Student Health and Counseling group, facilitated by psychologist Alexandra Thurston, PsyD, and learn practical techniques to quiet your active mind and focus on the present moment.

For more info or to RSVP, email:
alexandra.thurston@ucsf.edu

Stress Less



Oct 11, Oct 18 and 25: Stress Less @ Parnassus

SHCS offers a free 3-session supportive, skills building group to manage stress and anxiety. Sessions include topics such as stress, mindfulness, self-care, correcting thinking traps, managing moods, preventing burnout, assertive communication skills, building your support network, and more!

For more info or to RSVP, email:
john.tighe@ucsf.edu