



Student Health  
& Counseling  
Student Academic Affairs

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# HUMP DAY

## Fall 2018

**Wednesdays**  
12 p.m. – 1 p.m.

**Parnassus**  
October 10 –  
December 5

**Free lunch with RSVP**  
(while supplies last!)

The Student Health & Counseling Services **Hump Day Series** focuses on staying well throughout the year. *Parnassus*, HSW 301

### Meal Planning Made Easy

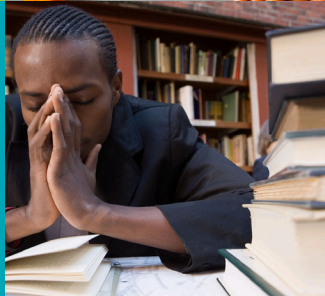


#### October 10: Meal Planning Made Easy

We all know that meal planning is critical when it comes to healthy eating. **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 [mealplanningfall2018.eventbrite.com](http://mealplanningfall2018.eventbrite.com)

### Stress Management



#### October 17: Managing Stress Beliefs & Coping

Stress is a daily part of our lives and world. It can help us stay motivated and achieve. It can also stop us in our tracks and make it difficult to do routine activities. Join psychologist Justin T. Gibson, PhD, for this workshop on how to understand your stress better and how to make it work for you, not against you. Learn to harness your stress to achieve better performance, increased motivation and balance.

For more info or to RSVP, visit [stressfall2018.eventbrite.com](http://stressfall2018.eventbrite.com)

### First Generation Students



#### October 24: 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, PhD, and First Generation Programs Director Alece Alderson, to 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 [firstgenerationfall2018.eventbrite.com](http://firstgenerationfall2018.eventbrite.com)

### Contraception



#### October 31: 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](mailto:lisa.digiorgio-haag@ucsf.edu) to be addressed anonymously during the workshop (time permitting).

For more info or to RSVP, visit [contraceptionfall2018.eventbrite.com](http://contraceptionfall2018.eventbrite.com)

For a complete list of SHCS outreach events, please visit: [studenthealth.ucsf.edu/calendar](http://studenthealth.ucsf.edu/calendar)

## Sleep & Well Being



### November 7: 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 Shelly-Ann Collins, PhD, and learn sleep hygiene and cognitive and relaxation strategies to help you catch some zzz's.

For more info or to RSVP, visit [sleepfall2018.eventbrite.com](https://sleepfall2018.eventbrite.com)

## Don't Just Survive, Thrive!



### November 14: 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 [surviveandthrivefall2018.eventbrite.com](https://surviveandthrivefall2018.eventbrite.com)

## Holidaze



### November 28: 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 [holidazefall2018.eventbrite.com](https://holidazefall2018.eventbrite.com)

## Mindfulness 101



### December 5: 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 Alexandra Thurston, PsyD, 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 [mindfulnessfall2018.eventbrite.com](https://mindfulnessfall2018.eventbrite.com)

**Groups @ Parnassus and Mission Bay :** Student Health offers various groups aimed at enhancing your self-care and academic well-being at UCSF.

## Mindfulness for Dentistry Students



### 5-week Series (Starting October 15): Drop-in Mindfulness for Dentistry Students

Dental School is an exciting and stressful time. Approach your work and personal life with greater ease and resiliency by building your mindfulness skills. Come join this free 5-part Student Health & Counseling workshop, facilitated by psychologist Lindsey Brooks, PhD, and learn about the concepts of mindfulness and engage in experiential mindfulness exercises to help you relax and manage stress.

For more info about future events email: [lindsey.brooks@ucsf.edu](mailto:lindsey.brooks@ucsf.edu)

## Stress Less



### October 24 , November 7 and 14: Stress Less

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, assertive communication skills, building your support network, and more!

Group meets 5:15-6:30 p.m. at Parnassus campus. Pre-registration and commitment to attend all 3 sessions required.

For more info email: [john.tighe@ucsf.edu](mailto:john.tighe@ucsf.edu)