

HUMP DAY

Spring 2018

Wednesdays
12 p.m. – 1 p.m.

Parnassus
April 4 – May 9

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** (May 9 event will be held in N517)

Intuitive Eating



April 4: Intuitive Eating – Listening to and Respecting Your Body

Overwhelmed by the latest diet fads? Struggling with letting go of how you “should” eat or “should” look? Looking to find peace with food? Join this interactive presentation with dietitian Jessica Jones, RD, CDE, and psychologist Lindsey Brooks, PhD, where you’ll build intuitive eating skills, learn how to challenge the diet mentality and begin working on body acceptance.

For more info or to RSVP, visit intuitiveeatingspring2018.eventbrite.com

Leg & Ankle Pain



April 11: Sports Medicine – Leg and Ankle Pain

Injuries to the lower extremities are common in sports and in daily life. Do you wonder if you should go to Student Health, urgent care, or emergency room after an injury or manage it at home? Join Tom Richards, MD, for a review of common injuries and learn where to limp for care!

For more info or to RSVP, visit sportsmedicinespring2018.eventbrite.com

Mindfulness 102

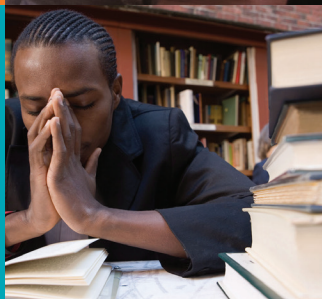


April 18: Mindfulness and Self-Compassion

Do you tend to blame yourself when you experience struggles or failures? Would you like to learn ways to be kinder to yourself? Self-compassion involves fostering acceptance with ourselves, even with our challenges and shortcomings. Join Alexandra Thurston, PsyD, in this experiential workshop and learn how to respond to difficult moments with self-kindness and understanding and integrate mindfulness and self-compassion into your everyday life.

For more info or to RSVP, visit mindfulnessspring2018.eventbrite.com

Stress Management



April 25: Managing Stress Beliefs and 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 stressmanagementspring2018.eventbrite.com

Pot & Booze



May 2: Alcohol, Marijuana, and Your Health – Figuring Out What Works for You

When are alcohol or marijuana beneficial for us, and when are they harmful? Join Marilyn Metz, MD, and John Tighe, LCSW, for a presentation and discussion about how alcohol and marijuana figure into your social, mental, and physical health and how you can make decisions that work for you.

For more info or to RSVP, visit alcoholandmarijuanaspring2018.eventbrite.com

Queer Relationships



May 9: Queer Relationships for the UCSF Student

Is it tough to make relationships work in the midst of academic life? Not sure whether a relationship is what you want? Whether single, dating, or partnered, join Lindsey Brooks, PhD, and John Tighe, LCSW, for an interactive discussion as we look at ways to enhance LGBTQ relationships and figure out what’s for us. *This presentation will be limited to a maximum of 40 LGBTQ-identified students!*

For more info or to RSVP, visit queerrelationshipspring2018.eventbrite.com