Workshops are Drop In and Do Not Require Signing up in Advance

**Please note that all workshops are offered remotely at the designated date and times**

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**ACT on It (Weekly)**
Click to Join on Mondays 1pm-2pm: https://uci-hipaa.zoom.us/j/157284803

- Week 1 Calm Your Worry
- Week 2 Go With the Flow When Life is Out of Control
- Week 3 Building the Perfect Relationship
- Week 4 Move out of Your Funk
- Week 5 How to Talk the Talk
- Week 6 Control and Suffering: an Intro to ACTing on It
- Week 7 Practicing Mindfulness and Acceptance
- Week 8 Being Mindfully Present
- Week 9 No Workshop In Observance of Memorial Day
- Week 10 Taking Committed ACTion
- Week 11 Being Flexible in the Future

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**Wellness Workshop Series (Weekly)**
Click to Join on Wednesdays 1pm-2pm: https://uci-hipaa.zoom.us/j/732360906

- Week 1 Compassion for the Inner Critic
- Week 2 Party SMART
- Week 3 The Mind Body Connection
- Week 4 Beating Test Anxiety
- Week 5 Managing Stress in all the Right Ways
- Week 6 How to Keep Your Cool
- Week 7 Time Management
- Week 8 Expressive Writing for Self-Care and Wellness: Write Within
- Week 9 Sleep Hygiene
- Week 10 Beating Test Anxiety
- Week 11 Stress Less with Mindfulness

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**Academic Boot Camp (Weeks 5-10)**
Click to Join on Thursdays 1pm-2pm: https://uci-hipaa.zoom.us/j/117308275

- Weeks 5 (May 1st) & 8 (May 22nd) - Improving Motivation
- Weeks 6 (May 8th) & 9 (May 29th) - Approach, Not Avoid
- Week 7 (May 15th) & 10 (June 5th) - Improving Time Management

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**Destress with Yoga (Weeks 4-8)**
Click to Join on Fridays 10am-11am: https://uci-hipaa.zoom.us/j/652756848

- Week 4 April 24th: Ethics
- Week 5 May 1st: Breath
- Week 6 May 8th: Movement
- Week 7 May 15th: Meditation
- Week 8 May 22nd: Layers of Self

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**Coffee and Cultural Connections Hour (Partnered Event with International Center)**
Click to Join on Fridays 11am-12pm: https://uci-hipaa.zoom.us/s/836818076

- Week 1 Friday April 3rd: Staying Connected
- Week 3 Friday April 17th: Empower Self, Not to Overwhelm
- Week 5 May 1st: Burnout and Exhaustion
- Week 7 May 15th: Stress Management
- Week 9 May 29th: Open Discussion