



# Stress Resilience Programs

## Upcoming Events:



**UC DAVIS**  
Staff and Faculty  
Health and Well-being



### Live Weekly Mindfulness Meditation:

*Mondays*  
4:30-5PM on Zoom  
September 13 - December 13

Build resilience and foster your health and well-being with a 30-minute scientifically supported mindfulness meditation. No prior experience with mindfulness is necessary – all are welcome.

Register here:  
[tinyurl.com/UCDMindfulnessMeditation](https://tinyurl.com/UCDMindfulnessMeditation)



### Live Weekly Mindful Pause:

*Wednesdays*  
12:45-1PM on Zoom  
September 15 - December 1

Take a 15-minute mindful pause for your well-being. No prior experience with mindfulness is necessary – all are welcome.

Register here: [tinyurl.com/UCDMindfulPause](https://tinyurl.com/UCDMindfulPause)



### Navigating Change Series:

*September 20: Minding the Gap of Uncertainty*  
*October 4: Overcoming the Negativity Bias*  
12:10-12:40PM on Zoom

How we deal with transitions can make a difference in our health and well-being. Please join us for two sessions of exploring ways to support yourself through some of the unprecedented changes we are navigating these days.

Register Here: [tinyurl.com/UCDNavigatingChange](https://tinyurl.com/UCDNavigatingChange)



### Relax and Release Series:

*October 14: Abdominal Breathing*  
*November 15: Progressive Muscle Relaxation*  
*December 8: Grounding*  
12:10-12:40PM on Zoom

Taking time to relax is vital to our health, wellbeing and optimal functioning. Learn how to activate your body's natural relaxation response. In each session we will explore a self-calming skill through experiential exercises that you can try and take with you to use in your life.

Register Here: [tinyurl.com/UCDRelaxRelease](https://tinyurl.com/UCDRelaxRelease)