Balancing the demands of life as a graduate student can be stressful and challenging, but you don’t have to do it alone. Join a community of staff and students that are here to help you thrive.

By joining Thriving in Graduate School, you will:

- Learn how to cultivate well-being in your personal, academic, and professional life.
- Receive weekly emails with tips to help you incorporate well-being practices into your life.
- Learn tools for creating conditions for well-being in group spaces like labs, classrooms, and organizations.
- Attend community building events.

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