

# Thriving in GRADUATE SCHOOL

Join **Thriving in Graduate School** to learn how to cultivate well-being in your personal, academic, and professional life.

By joining Thriving in Graduate School, you will:

- 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
- Be invited to a virtual community to stay connected and **share your experience** with one another
- Attend community building events



***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.***

Join Thriving in Graduate School: [bit.ly/ucdtgs](https://bit.ly/ucdtgs)



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