



# THRIVING IN GRADUATE SCHOOL

**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.

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

