Seeds of Wellbeing

Explore simple, practical everyday activities to help cultivate wellbeing.

Savoring for Wellbeing | OCT 18
Learn practical ways to start savoring the positive in your life.

Gratitude for Wellbeing | NOV 8
The Science of Practice and Gratitude: What Have We Learned?
Join Robert Emmons, PhD for “The Science and Practice of Gratitude.”

Kindness for Wellbeing | JAN 10
Learn simple ways of bringing more kindness to your life.

Self Compassion for Wellbeing | FEB 14
This Valentine’s Day, learn how to love yourself unconditionally.

Generosity for Wellbeing | MAR 14
Cultivate a generous heart and improve your wellbeing.

Focus for Wellbeing | APR 11
Learn how and why to focus your attention for wellbeing.

Class size is limited. This is a year-long program and we encourage you to sign up for only those sessions that you can realistically expect to attend.

REGISTRATION IS REQUIRED
Visit wellbeing.ucdavis.edu to register.
wellbeing@ucdavis.edu