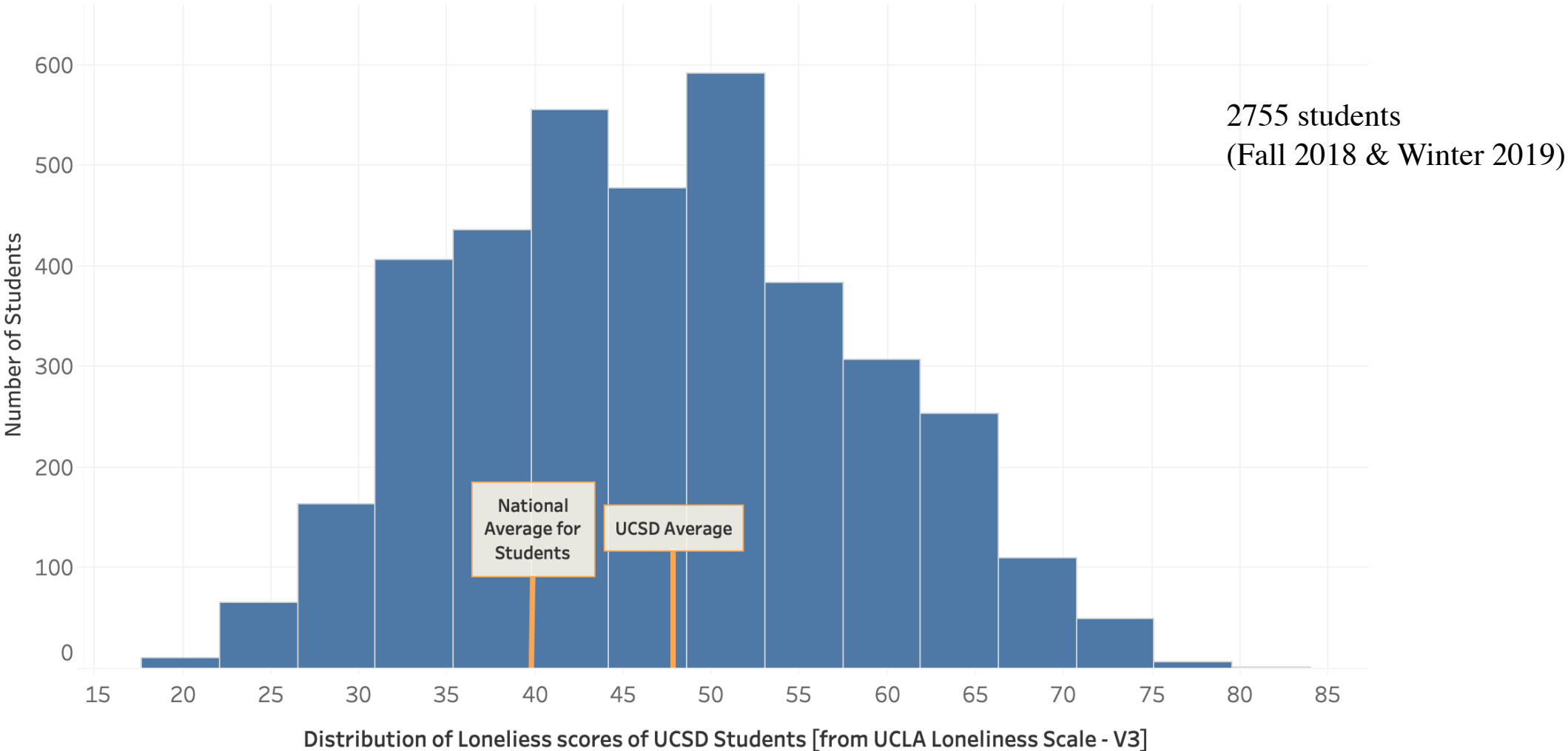


# Loneliness at UCSD

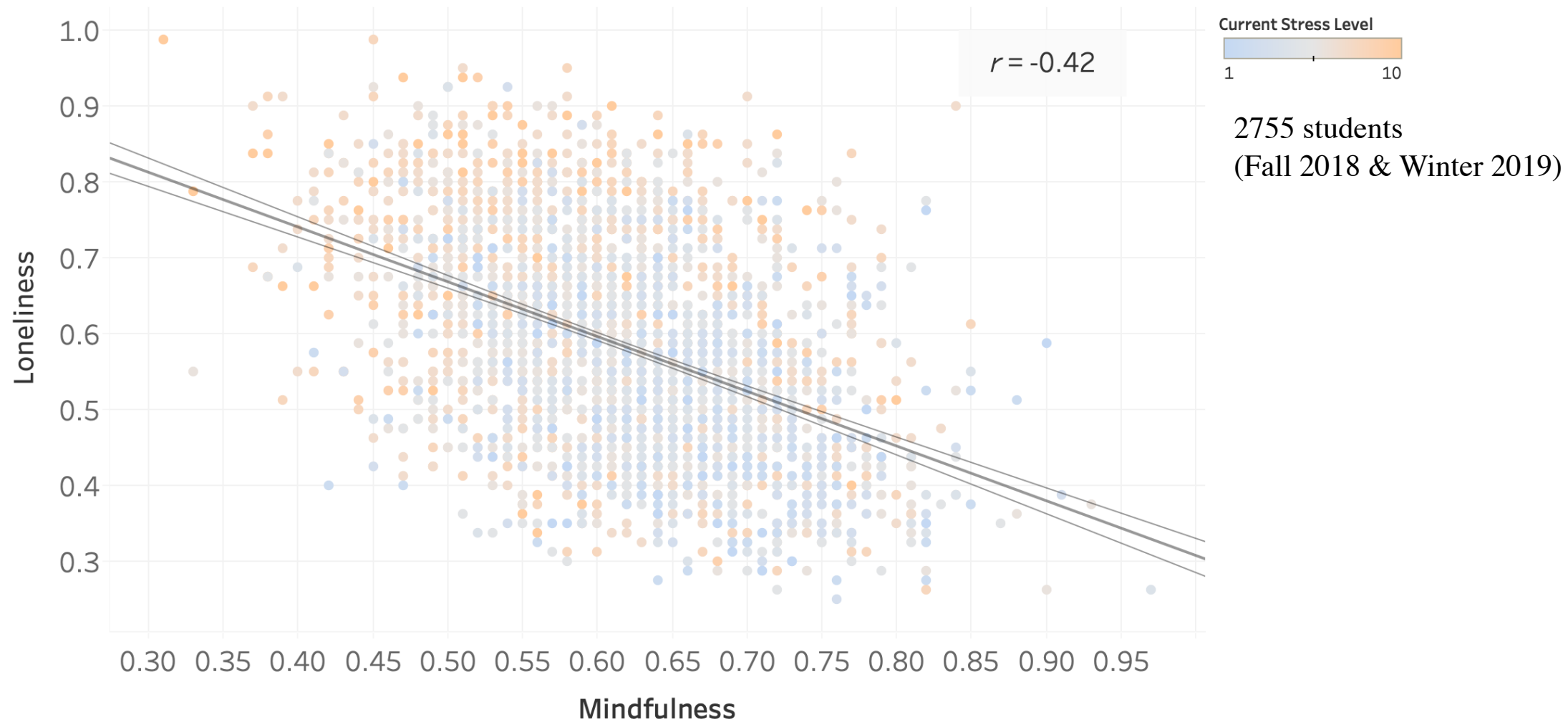
## Vs. National averages



The trend of count of UCLA.Loneliness.sum for UCLA.Loneliness.sum (bin).

# Mindfulness may protect against Loneliness and Stress

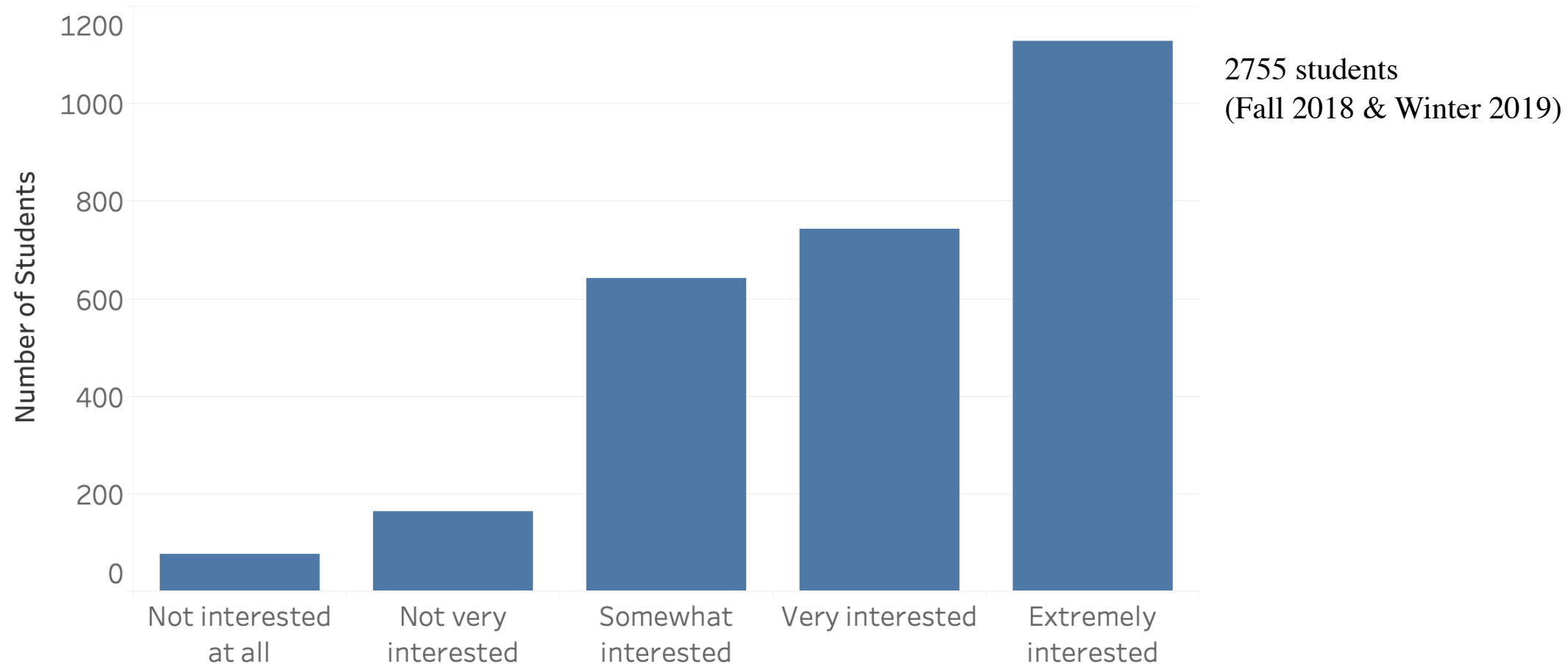
High mindfulness is associated with less loneliness and lower stress levels



# Student Interest

in a well-being class that counts towards their college requirements at UCSD

How interested would you be in taking a well-being class if it *counted towards your college requirements* at UCSD?



Count of Interest.Level Req for each Interest.Level Req.