HOW ARE YOU - *REALLY?*

Your Mental Health Continuum

CONTENT

Feeling content, natural mood fluctuations in response to life events, able to meet challenges most days



Strategies

- Connect with others
- Move your body in ways that you enjoy
- Eat at least 3 meals a day
- Sleep 7-8 hours a night
- Create and maintain other routines that help you feel good

OKAY

Feeling more stressed, variability in mood in response to life events, minor disruptions in performance and abilities



Strategies

- Seek out positive supports
- Seek out enjoyable activities
- Take care of your body (sleep, food, movement)
- Use strategies that have helped you cope in the past
- Check on your substance use
- Learn about UM's academic, physical, and mental health resources

STRUGGLING

Feeling anxious, low mood, low motivation,difficulty navigating challenges, disruption in daily functioning



Strategies

- Stay connected with others
- Take care of your body
- Consider how your substance use is impacting your wellbeing
- Use coping strategies
- Consider using UM's academic, physical, and mental health resources

DISTRESSED

Experiencing intense and distressing emotions, unable to meet life's demands, disengagement



Strategies

- Get professional physical or mental health care
- Confide in your most trusted supports
- Take care of your body
- Follow healthcare recommendations
- Use coping strategies

CURRY HEALTH CENTER WELLBEING

Knowing where you are on the continuum at any given time can help you take charge of your mental health, practice coping strategies, and connect with campus resources.

Learn more at: www.umt.edu/curry-health-center/wellbeing/