Curry Health Center

# Be Well UM

Your happiest, healthiest semester yet.

# Welcome

<https://youtu.be/sZo-5N49VZY>

Hi I’m Seth Bodnar, President of the University of Montana. I want to personally welcome you all to the UM family. Here at UM, your success is our top priority and we are so excited for you as you begin your educational journey with us. College is a time full of transitions, connections, and challenges. You came to UM for a world class education. A key part of that education is learning how to take care of yourself: Physically, mentally, and spiritually. You are of course entering college at a challenging time. As our global society deals with the COVID-19 pandemic, it is even more important that you take good care of yourself. To do that, it’s important that you’re aware of the resources that are available to you at the Curry Health Center. Our health center team has created this Be Well Book in a virtual form to ensure that you have an introduction to the many resources available to support you. At the Curry Health Center, our caring team members believe whole-person health care is a self directed and evolving process that looks different for each individual student. They know that health and wellness are fundamental to your success now and in the future. When you’re healthy, life is simply easier to manage and achieving optimal wellness helps us better cope with stress, reduce our risk of illness, and live a more productive life. While you’re here with us at UM, we of course want you to build a strong academic foundation through your work in and out of the classroom. But at the same time, we want you to build a strong foundation of health and wellness that will prepare you for successful and fulfilling career and life. So I encourage you to spend time looking at this book and please take advantage of everything the health center has to offer you. As we navigate the challenges of COVID-19, Curry Health Center is of course an integral part of ensuring the health and safety of our entire UM family. Our professional clinical team is equip to test for and respond to COVID-19 cases. If you feel ill for any reason, call Curry Health Center and they will assist you and take great care of you. Importantly, I also want to emphasize that protecting the health and safety of the UM family requires us all to do our part. There are simple steps that we each can take to protect not just ourselves, but also to care for those around us. And I want to remind you of the 3 W’s. First, wear a mask. Second, watch your distance and keep six feet apart from others. And finally, wash your hands, routinely with warm water and soap or use hand sanitizer. Remember, we are in this together and we will get through this together. I want you to know Curry Health Center and the entire UM campus community are here for you. Once again, welcome to the UM family and I look forward to seeing you around campus. Go Griz!

# Wellness Lecture Series

Wellness Lecture Series PROgrams are available to any student group, resident assistant, or academic class. You can request a PROgram at anytime and PROs will present at the location of your choice on campus or virtually upon request.

**Be Mindful**

Mental Health is a continuum and applies to everyone, taking care of your mental health is essential to your success at UM. Everyone has a mental state of being and working towards being able to find where you feel best is our goal for you with the Be Mindful programming.

*Stressed AF – Mental Health*

College can create all sorts of new stressors. Taking care of your mental health is crucial for success at UM. Learn simple strategies to integrate into your daily life.

*Digital Detox*

From watches that ping when you’ve got a new text to the Instagram feeds you can’t stop scrolling through all the freakin’ time, there’s no denying that we’re more plugged in than ever before. Let the PROs help you develop a more sane relationship with your tech.

*Stressed AF – Time Management*

Do you wish there were just a couple more hours in the day?! Well we can’t give you more hours in the day but we can help you with the skills and tools to fit everything you need to into your schedule without sacrificing your social life.

**Be Prepared**

The Be Prepared programs will help you learn the strategies and tools to party safe and to have fun without the risks.

*Safe Partying – Alcohol & Drugs*

Our peer educators know how to party for maximum fun! Learn their tips for having a good time.

[www.umt.edu/Curry-Health-Center/Wellness/PROs-Request-Form](http://www.umt.edu/Curry-Health-Center/Wellness/PROs-Request-Form)

**Be Resilient**

Stress is a part of every student’s experience in college. With the right coping skills, we believe that you will be able to rise to all the challenges that you face in your time at UM. The Be Resilient programs will help you become more resilient and able to take on challenges and try new things at UM.

*Stressed AF – Self Care*

It is easy to put your needs on the backburner as you get busier with school, work, social life, family. Self-care is personal and it looks different for everyone. This program will help you with strategies to fit self care into your everyday life.

*Aromatherapy*

True essential oils have therapeutic properties that enhance physical, mental, emotional, and spiritual well-being. Learn how to use essential oils to improve your sleep, reduce stress and boost your energy levels.

*Stressed AF – Calm The Stress Response*

Our bodies have a natural response to stress that can sometimes include uncomfortable things like headaches, inability to fall asleep, and moodiness. Learn simple strategies to combat your stress in a positive way.

**Be Proactive**

Living a healthy lifestyle is essential to being a successful student at UM. The Be Proactive programs will help you learn strategies to take care of your physical health to thrive at UM.

*Sexual Health*

Learn from our very own Sexperts on ways to get the most out of your intimate relationships.

*Sleep*

Sleep affects everything from our mental well-being to our weight. Join us for this interactive program to put more zzzs in your life.

*Condom Bingo*

Everything you want to know about sex, relationships, contraception and more in a fun BINGO game with prizes.

*How to Stay Well During a Pandemic*

The global pandemic of COVID-19 has brought us new challenges in day to day life. In the engaging program learn ways to keep yourself physically and mentally well as you transition back to campus at UM.

*Eat Well*

Campus Dining has 21 venues across campus for food choices that meet your needs. In this program, learn how you can build your own healthy meals at the various venues on campus and on your own.

Request online or call 406-243-2809 Don’t see a program you want? Let us know! We can create a custom program to fit your needs.

# Celebrating 20 Years

Curry Health Center is celebrating 20 years of service and support for our students here at the University of Montana.

Our staff is dedicated to the health, well-being & overall success of the students we meet. Not only are we celebrating Curry, but also the students that we have had the opportunity to serve over the past 20 years. We look forward to serving you this next year and beyond. Thank you for letting us be a part of your college experience.

<https://www.youtube.com/watch?v=_ZB_IyfRvoY&feature=youtu.be>

**College Can Be Overwhelming**

CHC Cares

Don’t know where to start? We can help.

**Depression & Anxiety**

Feeling sad or worried? Unable to see the positive side of a situation? Not able to enjoy activities like you used to? CHC can help.

**Stress**

Feeling overwhelmed? Overloaded like you have too many things to do? Unable to function or edgy and irritable? Coping with a crisis or tragedy? CHC can help.

**Sleep Issues**

Dealing with insomnia? Having trouble falling asleep or staying asleep? Clenching your jaw or waking up with neck pain? CHC can help.

Mental health and well-being are essential to the academic success of students. Curry Health Center is dedicated to supporting the health and well-being of the University of Montana community.

**Ways We Can Support You**

-Individual Counseling - <https://www.umt.edu/curry-health-center/Counseling/default.php>

-Health Coaching - <https://www.umt.edu/curry-health-center/wellness/Health%20Coaching.php>

-Mental Health Visits with a Medical Provider - <https://www.umt.edu/curry-health-center/medical/Walk%20In%20Care%20and%20Appointments/default.php>

-Group Therapy - <https://www.umt.edu/curry-health-center/Counseling/Seminars.php>

-Curry 360 - <https://www.umt.edu/curry-health-center/wellness/Curry%20360.php>

-Bereavement Counseling - <https://www.umt.edu/curry-health-center/Counseling/default.php>

-Mouth Guards for Teeth Grinding - <https://www.umt.edu/curry-health-center/dental/Nightguards.php>

-Urgent One-Time Counseling Appointments - <https://www.umt.edu/curry-health-center/Counseling/Crisis.php>

-Test Anxiety Seminars, Mindfulness Practice Workshops, Overcoming Anxiety Group Support - <https://www.umt.edu/curry-health-center/Counseling/Seminars.php>

Feeling overwhelmed and don’t know what to do? CHC now offers Stress Busting appointments that include a FREE stress busting kit. <https://curryhealthcenterhealthportal.sa.umt.edu/> These short appointments (30 minutes or less) are sure to unfrazzled you and help you feel calm and ready to tackle whatever the semester throws your way. Hop on the portal and make a virtual appointment today and curbside pick-up a physical kit. Or go to <https://www.umt.edu/curry-health-center/Docs-General/2020-virtual-stress-busting-kit-sheets-links-compressed.pdf> to access all the digital resources. The fully accessible version is available here. <https://www.umt.edu/curry-health-center/Docs-General/2020-virtual-stress-busting-kit-sheets-links.docx> We are happy to help!

In response to the ongoing COVID-19 impact on the UM campus, CHC Wellness has created a COVID-19 Virtual Stress Busting Kit for you to download - <https://www.umt.edu/curry-health-center/Docs-General/chc-covid-stress-busting-kit-links.pdf>

The fully accessible version is available here - <https://www.umt.edu/curry-health-center/Docs-General/CHC%20Virtual%20Stress%20Busting%20Kit%202020%20links.docx>

Inside you’ll find tips, tricks, and links to help you stay motivated, moving, and even relaxed in stressful times. Be Well UM!

**Health Nut**

**Smart. Healthy. Digital.**

Health Nut is a student-run blog that brings you the latest on healthy living and wellness here at UM. Find tips, tricks and resources necessary to survive college. Recipes, workout ideas, videos, and stress relief tips all in a weekly blog.

What are you waiting for? Check out <https://healthnut.umt.edu/>

**How to Stay Healthy During Covid-19 Pandemic**

You may be feeling concerned about being exposed to Covid-19 while you are on campus. Here is some information to help you reduce your risk of getting the virus and what to do if you feel ill. The severity of the disease depends on:

1. **Your initial exposure**
2. **Your immune system**
3. **The health care you receive**

*We are here for you whenever you feel ill, and we can test you for Covid-19 if you need it.*

**Reduce Your Exposure**

-Wash your hands frequently

-Use disinfectant gel when you can’t wash

-Practice social distancing even hanging out with friends or sitting in class

-Wear a mask and don’t touch your face when you go out

-Avoid large crowds

**Boost Your Immune System**

-Stay hydrated

-Get enough sleep (People who get less than 7 hours of sleep are 3x more likely to get sick and be sicker than people who get 8 hours)

-Take vitamin D (Daily supplements may decrease illness by 50%)

-Eat a healthy diet and limit sugar intake

-Reduce stress as much as possible

**Symptoms**

-Sore throat

-Dry cough

-Fever

-Feeling tired and weak

-Difficulty breathing

-Headache

-Diarrhea

If you are feeling ill or are experiencing these symptoms call Curry Health Center to get the health care you need.

*If you feel ill, stay away from others, don’t go to class or work. Send your professor an email to let them know you are sick. They will work with you if you keep communication open.*

You can request the PROgram “How to Stay Healthy During a Pandemic” here:

<https://www.umt.edu/curry-health-center/wellness/PROs-Request-Form/default.php>

For the most up to date information from UM about COVID-19, visit:

<https://www.umt.edu/coronavirus/>

**Quit Kit Guide (Inside Preview)**

Follow these steps to start your process to becoming nicotine-free.

**Step One – Explore your reasons for quitting.**

-Likes & Dislikes?

-Solid Decision Handout

-Website & Apps

**Step Two – Evaluate your level of nicotine addiction.**

-Withdrawal Symptoms

-Nicotine Checklist

**Step Three – Choose how you want to manage withdrawals.**

*Option 1:*

Cold Turkey

-Taper down

*Option 2:*

Nicotine Replacement

-Curry Health Center

-Montana QUIT LINE

*Option 3:*

Rx Medications

-Curry Health Center

-Montana QUIT LINE

**Step Four – Plan ahead for cravings and triggers.**

-Why I smoke/vape test

-Websites & Apps

-Stress Management Handouts

-Craving Busters

-Silly Putty, Toothpicks, Gum

**Step Five – Find a support network.**

-Health Coaching

-Find a Friend

-Montana QUIT LINE

-Apps

Make a virtual appointment through the Health Portal and curbside pick-up the complete kit. <https://www.umt.edu/curry-health-center/wellness/quit-kits.php>

Looking for whole-person integrated healthcare?

**Curry 360°** could be for you.

Address physical and mental health issues with a team-based care.

Use our Health Portal for easy online appointment scheduling.

<https://curryhealthcenterhealthportal.sa.umt.edu/>

**Well-Being Workbook**

Create a happy, healthy & meaningful life with our self paced Moodle course.

**Boost Your Mood**

Provides evidence based tools you can use to help rewire your brain away from the negativity bias and create the pathway to experience more positive emotions throughout your daily life.

**Build Resilience**

Is filled with practical tools you can use to gain personal insight and strengthen your ability to cope with stress.

**Find Your Path**

Gives you tools to explore your values and strengths. Once you’ve discovered your values and strengths, this section also outlines effective goal setting techniques you can use to start to put your ideas into purposeful action.

Visit the Well-Being Workbook Moodle course to complete the workbook or jump around to different topics and areas of interest. Click here to enroll in the course.

<https://moodle.umt.edu/course/view.php?id=34049>

**Student Success**

**Envisioning a Campus Culture of Health and Well-Being**

*Introduction*

To view the video introduction, click here.

<https://youtu.be/nFU4reK23lY>

The student success and well-being framework can be used as a guide to help students find resources around campus to help improve upon each topic listed below. By clicking on each topic, you will be able to view videos with a brief description and further explanation of what resources are available for that specific topic.

*Insight -* [*https://youtu.be/AGWGJVMUSwA*](https://youtu.be/AGWGJVMUSwA)

*Vitality -* [*https://youtu.be/5OqqbPo5XiU*](https://youtu.be/5OqqbPo5XiU)

*Connection -* [*https://youtu.be/SEj\_aB1JIWo*](https://youtu.be/SEj_aB1JIWo)

*Purpose -* [*https://youtu.be/JDENAMF7Qj0*](https://youtu.be/JDENAMF7Qj0)

*Balance -* [*https://youtu.be/nCumSUjwiIg*](https://youtu.be/nCumSUjwiIg)

The Student Success and Well-Being Framework was developed based on results from the 2018 NCHA survey. To learn more, click below.

<https://www.umt.edu/curry-health-center/About%20Curry/NCHA-Data.php>

**Manage Your Stress**

**Make Sleep a Priority**

Without getting the proper rest it will be even harder to retain information. 7-9 hours a night is optimal.

**Fit Exercise in Everyday**

With all the excitement of a new year, it’s easy to put off exercising. Remember, a healthy body = a healthy mind. Get 30 minutes of daily activity. Try walking, a fitness class at Campus Rec, or weights.

**Hydrate**

Always bring a bottle of water with you wherever you go. Hydration is vital to feeling great and energized all day. Challenge yourself to drink half your body weight in ounces of water daily.

**Use a Planner**

Map out your week. Having a central place to write down all of your commitments will help keep you from guessing what you need to be doing.

**Find Your Center**

Use breathing to turn off the stress response and find more ease during your day. Breathing can be done anytime and anywhere and only takes a few minutes. Try pairing a breathing exercise with something you already do during the day.

**4-7-8 Breathing Exercise**

1) Breathe in for 4 seconds.

2) Hold your breath for 7 seconds.

3) Breath out slowly for 8 seconds.

Repeat at least 3 times.

This exercise activates the parasympathetic nervous system responsible for “rest and digest.” It can help lower your heart rate and relax your internal organs.

**Student Wellness Advocates**

Did you know there is a network of faculty and staff across campus who have been recognized for supporting student health and well-being? Student Wellness Advocates are UM faculty and staff members that have been nominated by students for supporting student wellness. If you see the logo on someone’s door you know they support and well-being.

Learn more at <https://www.umt.edu/curry-health-center/wellness/Student%20Wellness%20Advocate%20/default.php>

**Health Coaching**

Health Coaching at Curry Health Center gets *your life* where *you want it.*

“Health Coaching taught me how to take back control over my life through time management and positive thinking.”

**Topics we address include:**

**-Stress Management**

**-Sleep**

**-Exercise**

**-Eating Well**

Health Coaching at Curry Health Center is built around individual, wellness coaching that is focused on personal lifestyle. This program is self-directed, so you choose what you want to change in your lifestyle and we help you do it! We work on specific challenges with you to help you achieve balance in your life.

Call 406-243-6719 or hop on <http://www.umt.edu/curry-health-center/wellness/Health%20Coaching.php>

To schedule a FREE session today.

**Wellness Is Open**

Monday-Friday 9AM-4PM

**You can now make virtual appointments for:**

**-Health Coaching**

**-Stress Busting Kit**

**-Vape/Tobacco Quit Kit**

To request a PROgram, go to: <https://www.umt.edu/curry-health-center/wellness/PROs-Request-Form/default.php>

Check out the different resouces we offer to help you stay healthy & well: <https://www.umt.edu/curry-health-center/wellness/virtual-resources.php>

Condom Corner remains open. Pick up supplies by the Condom Wall or place a custom order: <https://www.umt.edu/curry-health-center/wellness/condoms-request-form/default.php>

Call 243-2809 or Text 406-404-3775 with questions or concerns.

Visit our website:

<https://www.umt.edu/curry-health-center/wellness/default.php>

for more information.

**Call Before You Come**

406-243-2122

*In-Person Care & Telehealth Appointments*

**-Same Day Care**

**-Dental Cleanings**

**-Immunizations**

**-Full Service Pharmacy**

**-Annual Checkups**

**-COVID-19 Same Day Testing**

*Exceptional Care for Exceptional Students.*

University of Montana Curry Health Center

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**We’re in this together, UM.**

**Curry Health Center is here for YOU.**

**Be sure to check out our Be Well at Home page here for resources to support you during these challenging times.**

[**https://www.umt.edu/curry-health-center/wellness/be-well-at-home.php**](https://www.umt.edu/curry-health-center/wellness/be-well-at-home.php)

Connect with us online

Instagram - @CurryHealthCenter

Twitter - @CurryHealth

Pinterest - @UMHealthCoach