



VIRTUAL STRESS BUSTING KIT



UNIVERSITY OF
MONTANA
CURRY HEALTH CENTER

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By using this kit, you will be able to learn techniques to help cope in stressful situations. You also can follow guides to lower the overall stress in your life.

15 SECOND REFRESHER

1) Hands

Tensed: Cold, clammy, fidgety, clenched
Relaxed: Warm, dry

2) Shoulders

Tensed or relaxed?
Rotate shoulders forward
and backward.

3) Neck

Tensed or relaxed?
While keeping shoulders level,
lean head to the left, right,
forward and backward.
Look over left shoulder and
right shoulder.

4) Jaw

Teeth clenched or apart?
Gently move jaw
from side to side
and keep upper and
lower teeth apart.

5) Breathing

Breathe a deep diaphragmatic
breath (abdomen rises first),
and hold for the count of five
while making fists; raise
shoulders to ears and
clench your jaw. Blow all
the air out at once and
relax your body.

6) Positive Statement

State a positive comment
about yourself.

7) Smile

It comes naturally as you relax



“There is more to life than increasing its speed.”

Mohandas K. Gandhi

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 (i.e. checking email, using the restroom, checking your phone.)

4 - 7 - 8 BREATHING EXERCISE

1

Breathe in for 4 seconds.

Hold your breath for 7 seconds.

2

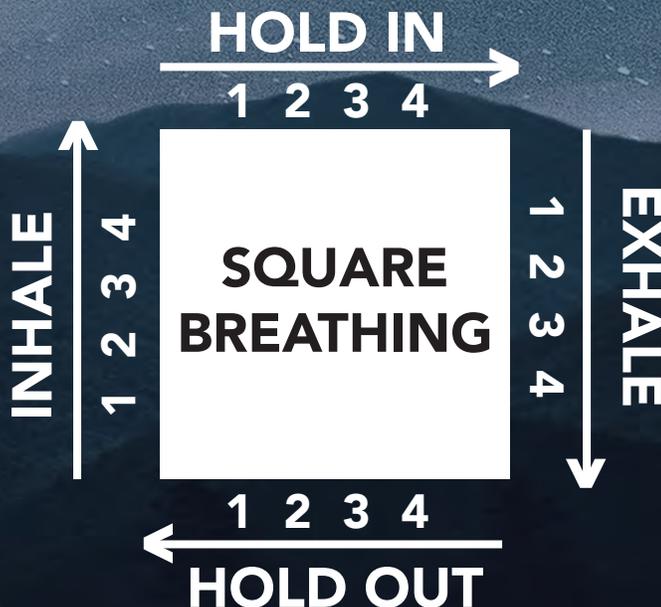
3

Breathe out slowly for 8 seconds.

Repeat At Least 3x

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

Square box breathing helps to combat feelings of worry, anxiety and panic. It allows you to regain control through your breath. It regulates your breath and heart rate, alleviating tension and brings a sense of peace and order to your mind and body.



Sit or lie down in a comfortable position. Inhale through your nose for 4 seconds, hold your breath for 4 seconds, exhale out of your mouth for 4 seconds, and then hold again for 4 seconds. Continue this for at least 4 cycles.

TAKE A BREAK

& RELIEVE THAT STRESS IN 15 MINUTES

- TAKE A WARM SHOWER
- READ A POEM
- TAKE 10 SLOW, DEEP BREATHS
- WRITE A JOURNAL ENTRY
- WINDOW SHOP DOWNTOWN
- TRY SOMETHING NEW
- MAKE A NEW FRIEND
- LISTEN TO 4 NEW SONGS
- VISIT THE UC GALLERY
- COLOR WITH CRAYONS
- BUY SOME FLOWERS
- VISIT THE HUMANE SOCIETY
- MAKE A NEW FOOD
- HOLD A SOLO DANCE PARTY
- GO FOR A RUN OR BIKE RIDE
- CALL YOUR FRIENDS OR FAMILY
- TAKE A WALK ON THE KIM WILLIAMS TRAIL
- DRINK SOME TEA OR A COFFEE
- CUDDLE UP WITH YOUR MAIN SQUEEZE
- CLIMB THE ROCK WALL AT CAMPUS REC
- RUB ROSEMARY OIL ON YOUR FEET
- DO A RANDOM ACT OF KINDNESS
- LISTEN TO THE MEDITATION OASIS PODCAST
- DO A HANDSTAND...SAFELY

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.



TREAT YO SELF

WRITE DOWN SOME POSITIVE AFFIRMATIONS
AND POST THEM AROUND YOUR ROOM

REACH OUT TO A FRIEND OR A LOVED ONE
YOU HAVEN'T SPOKEN TO IN A WHILE

DECLUTTER YOUR SPACE -
DONATE WHAT YOU DON'T NEED

DRAW, COLOR, PAINT -
CREATE SOMETHING JUST FOR YOU

TRY A GUIDED MEDITATION
FROM MINDFUL IN MINUTES

FIND A PODCAST THAT MAKES
YOU FEEL EMPOWERED

WRITE A LIST OF 10 THINGS YOU
LOVE ABOUT YOURSELF

MAKE A CUP OF TEA AND BREATHE
IN THE STEAM

GIVE SOMEONE A
MEANINGFUL COMPLIMENT

MAKE A LIST OF THINGS
YOU ARE GRATEFUL FOR

READ THE HEALTH NUT BLOG

BUY YOURSELF SOME FLOWERS

TAKE A WALK BY THE RIVER

DIFFUSE ESSENTIAL OILS

RE-READ YOUR FAVORITE BOOK

TRY A FITNESS CLASS AT
CAMPUS REC

VOLUNTEER WITH A
LOCAL ORGANIZATION

TAKE A TECHNOLOGY BREAK
FOR AN HOUR

WAKE UP EARLY AND
WATCH THE SUN RISE

“How you love yourself is how you teach others to love you.”

RUPI KAUR

RELAXATION TIPS FOR YOUR DAY

Here are four tips to help you relax throughout your day. Combine all four tips for a relaxing recharge to your day.

BREATHE LIKE YOU MEAN IT

This can be done anytime, anyplace: Slowly draw the deepest breath you can and hold it for at least 6 seconds. Exhale quickly. Do 4 times in a row.

QUIET TIME

Sit in a quiet place for a few minutes and close your eyes. Take long, slow breaths.

TAKE A STAYCATION

Escape with visualization: Sit comfortably. Imagine a pleasant, peaceful scene like a sandy beach or quiet forest. Picture yourself there! Focus for a set amount of time and return refreshed.

STRETCH IT OUT

Stretch your arms up and reach as far as you can. Stretch your legs out and rotate your ankles. Turn your head gently to each side, up and down, to stretch and relax your neck and release tension.

5 MAJOR BENEFITS OF SLEEP

That You Might Not Know About

Weight Loss

Poor sleep patterns can lead to weight gain due to lack of stress relief. When stress hormones are at a constant high in the body, and there is no relief from the day's stresses on the body, it leads to weight gain. By getting the right amount of sleep, maintaining and possibly losing weight is more likely.

Antioxidants

Antioxidants are substances that can prevent or slow damage to cells caused by free radicals, unstable molecules that the body produces as a reaction to environmental and other pressures. Melatonin is the sleep hormone produced by the body, but it is also one of the most powerful antioxidants that naturally occurs in the body.

Anti-Depressent

Too few hours of sleep decreases your ability to manage and handle stress. It is also more likely that you will react negatively to a stressful situation. Long-term sleep deprivation can lead to more negative emotions over time, tricking the brain into thinking negative is the new normal. Receiving enough hours of sleep eliminates long-term sleep deprivation and promotes a happier mindset.

Better Memory

Lack of sleep interferes with the brain's ability to learn, consolidate, and retain information. Poor sleep habits can lead to foggy thinking, poor judgement and lack of concentration. The quantity and quality of sleep you maintain, the more likely you will perform better on tests and exams due to increased memory.

Pain Relief

Lack of sleep makes it harder for the body to repair damaged cells. Poor sleep quality also causes a decline in pain relieving endorphins. This will make the pain sensations increase. You need sleep to recover from any pain each and every day. This could be as simple as recovery from a morning jog.

Four A's of Stress

CHANGE THE SITUATION:

AVOID the stressor

ALTER the stressor

CHANGE YOUR REACTION:

ADAPT to the stressor

ACCEPT the stressor

Dealing and Coping with Stressful Situations:

Stress management strategy #1: Avoid unnecessary stress

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

- Learn how to say "no"
- Avoid people who stress you out
- Take control of your environment
- Avoid hot-button topics
- Pare down your to-do list

Stress management strategy #2: Alter the situation

If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better

Stress management strategy #3: Adapt to the stressor

If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

- Reframe problems
- Look at the big picture
- Adjust your standards
- Focus on the positive
- Adjusting your attitude

APPS FOR WELLNESS

Click on an app name to learn more about it

FITNESS

Strava

Records runs, bike rides, and swim routes & times. Also offers routes and challenges.

Nike

Training Club offers home workouts and fitness plans.

Run Club tracks runs and offers guided runs.

5K Runner: Couch to 5K Trainer

Specific run plan that is 8 weeks long, 3x per week, and are 30 minutes per session.

DIET

My Fitness Pal

Track food consumption with the app's food database, barcode scanner, recipe importer, and restaurant logging. Will also link to fitbits to track sleep and exercise.

MyPlate

Track food, make meal plans, and find recipes on the app.

MEDITATION/ MINDFULNESS

Headspace

Meditation guide with different purposes in regards to sleep, anxiety, exercise and more.

Sanvello

Uses clinical and evidence based techniques to help clients feel better through guided meditations, support and resources. Premium access is covered with some health insurances. Offers more free meditation if you use your university email.

Calm

Mindfulness app with guided meditations and mindfulness experts, neuroscientists, psychologists, and teachers.

GOALS

BetterYou

A digital coach that allows individuals to maximize their time and stay focused on goals that matter.

Woop

Science-based mental strategy app that people can use to find and fulfill their wishes, set preferences, and change their habits.

Google Calendar

Outlook Calendar

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

Click on a topic to learn more about it

- Individual Counseling
- Health Coaching
- Mental Health Visits with a Medical Provider
- Group Therapy
- Curry 360 °
- Bereavement Counseling
- Mouth Guards for Teeth Grinding
- Urgent One-Time Counseling Appointments
- Test Anxiety Seminars
- Mindfulness Practice Workshops
- Overcoming Anxiety Group Support

RESOURCES

If you would like more support, **click here to make a Virtual Stress Busting appointment.** These short appointments (30 minutes or less) are sure to unfrazzle you and help you feel calm and ready to tackle whatever the semester throws your way.

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. The fully accessible version is available here.** Inside you'll find tips, tricks, and links to help you stay motivated, moving, and even relaxed in stressful times. Be Well UM!

Wellness Is Open

Monday-Friday

9AM-4PM

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

Visit our website:
umt.edu/Curry-Health-Center/Wellness
for more information.

