

BE WELL UM

Your Happiest, Healthiest Semester Yet.

CURRY HEALTH
CENTER



WELCOME

Click here to watch President Seth Bodnar welcome you to the University of Montana family and express how the Curry Heath Center can help you this school year.



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 to 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 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.

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.

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.

**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!

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, & 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.

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 & mentally well as you transition back to campus at UM.

EAT WELL

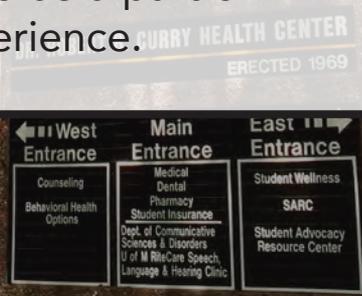
Campus Dining has 21 venues across campus for food choices that meet your needs. In this program, learn how you can build your own healthy meals at the various venues on campus and on your own.

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.



[Click here to watch interview with Dr. Robert B. Curry](#)

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
- 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

Feeling overwhelmed and don't know what to do? CHC now offers **Stress Busting appointments** that include a **FREE stress busting kit**. 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. Hop on the portal and make a virtual appointment today and curbside pick-up a physical kit. **Or click here to access all the digital resources.** **The fully accessible version is available here.** We are happy to help!

In response to the ongoing COVID-19 impact on the UM campus, CHC Wellness has created a **COVID 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!

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 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 when hanging out with friends or sitting in class
- Wear a face 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 home, 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. For the most up to date information from UM about COVID-19, visit: 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

Websites & 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.
Click here for more information.

Looking for
whole-person
integrated healthcare?

Curry 360° could be for you.



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

Use our Health Portal
for easy online appointment scheduling.

WELL-BEING COURSE

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.

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

BUILD RESILIENCE

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 Moodle course to complete the workbook or jump around to different topics and areas of interest. [Click here to enroll in the course.](#)

STUDENT SUCCESS

ENVISIONING A CAMPUS CULTURE OF
HEALTH AND WELL-BEING

INTRODUCTION

To view the video introduction, [click here](#). 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.

CLICK ON
A TOPIC
TO LEARN
MORE



INSIGHT

VITALITY

CONNECTION

PURPOSE

BALANCE

The Student Success and Well-Being Framework was developed based on results from the 2018 NCHA survey. To learn more, [click here](#).

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 (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.

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 and
more!**

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 www.umt.edu/healthcoaching to schedule a FREE session today.



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 this logo on someone's door you know they support health and well-being.

Learn more at www.umt.edu/swa

WELLNESS IS OPEN

MONDAY-FRIDAY 9AM-4PM

You can now make virtual appointments for:

- Health Coaching
- Stress Busting Kit
- Vape/Tobacco Quit Kit

Condom Corner remains open. Pick up supplies by the Condom Wall in Wellness. Place a custom order here.

To request a PROgram, click here.

Click here to check out the different resources we offer to help you stay healthy & well at home.

CALL 243-2809 OR TEXT 406-404-3775
WITH QUESTIONS OR CONCERNS

umt.edu/curry-health-center/wellness

**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 TESTING

**Exceptional Care
for Exceptional Students.**



Jessie McCafferty, LCPC, LAC



**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.**

CONNECT WITH US ONLINE



@CurryHealthCenter



@CurryHealth



@UMHealthCoach

