



COVID-19 Virtual Stress Busting Kit



Virtual Stress Busting Kit

Welcome to Curry Wellness Center's virtual stress-busting kit. In this kit, you will find information, resources, and activities to explore while social distancing from home. We wish you health and well-being from Curry Health Center.

6 Questions to Ask Yourself in Quarantine

1. What am I **grateful** for today?
2. Who am I **checking in on** or **connecting with** today?
3. What expectations of "normal" am I **letting go of** today?
4. How am I **getting outside** today?
5. How am I **moving my body** today?
6. What **beauty** am I either creating, cultivating or inviting in today?

Eat Well

Gut health gives way to a healthy immune system. Diet can be the front-line of defense when it comes to fighting off disease. Treat your belly right, and it will return the favor! In this folder, you will have access to recipes, FREE UM Food Pantry kit information, and links to local food delivery options.



UM Food Pantry:

The UM Food Pantry is currently providing free meal kits and hygiene products for folks. These meal kits and hygiene products can be found on a shelf outside the UM Food Pantry, which is located in the University Center next to ASUM. We do our best to restock these bags as needed with the food that we have available, which at the moment means these meal kits may differ slightly from each other given our supplies.

Eating can be really stressful during this time. Check out this [list of essential pantry items to stock up on](#) and get some inspiration from [these pantry staple recipes](#). Looking for something a bit tastier? [Try these quick and easy meals](#).

Rest Well

Getting proper rest can be difficult during uncertain times, and we are here to help! A good night's sleep can help improve immune function, decrease anxiety, and make the next day more productive. The trick? Being able to fall asleep. We have got you covered, with links to guided meditations and some more information about how to get good sleep. Rest up!



Helpful Resources

What's the word sleep hygiene mean and why should I care? What to do when you can't sleep-try [these tips](#) or listen to a [calm bedtime story](#) by Mathew McConaughey.

Quick Tips

-Try to go to bed and wake up about the same time every day.

-Create the perfect sleep environment:

*Make sure your room isn't too hot

*Put a fan on or a sound machine it can help calm your mind and help with quality of sleep

*Use essential oils

-Don't forget to turn off your screen 30 minutes before bed. Try reading or listening to calming music instead.

Mental Well-Being



Mental well-being can be tough to maintain during a pandemic. It is essential to stay grounded with things that make you feel good and be present in the current moment. Listen to a podcast, go on a walk, give a scratch to your pet, whatever self-care looks like to you –you deserve it! In this section, you will find different resources to help you through this time, such as self-care activities, meditations, essential oil information, and some questions to ask yourself to put life back into perspective. You've got this!

Helpful Resources

Here are a few quick things that you can put into action to support your mental well-being during this time.

[Four things you can do every day for your mental health & how to gain perspective on negative events.](#)

Our favorite meditation platforms have all created special resources specifically for the pandemic the [Calm app](#) has meditations, sleep stories, and music all to support your mental and emotional wellness through this time. Ten Percent Happier has created a [coronavirus sanity guide](#) where you can find practical actionable ways of coping with stress, fear, and anxiety. Headspace has created a page called [weathering the storm](#) it also includes meditations, sleep and movement exercises to help you however you're feeling.

Social Connection



In these times apart, technology is helping us keep together. Maintain social connection by hosting a virtual dinner party with friends and family. Take a virtual history/art/zoo tour with your roommates or partner at home. Play online board games, or watch a movie together. You will find these resources and more within this section of the stress-busting kit. Keep connecting!

Have you always wanted to visit the San Diego Zoo, The Louvre, or Yellowstone National Park? Now is the time take a free tour of these and many more. Want more variety? Visit the Natural History Museum in London or the National Gallery of Art in Washington D.C.

Have a Netflix party and watch a movie or show with your friends or play games together online.

Quick Tips:

Go for a walk around your block or even house. Just getting moving for 10 minutes at a time can be really beneficial for concentration and productivity.

Do something you enjoy! If you never have liked group style classes don't feel pressed to try them now just because they are so accessible.

Are you missing your favorite campus REC workouts? There are live streaming classes, check them out here.

Looking for something new that you can do in your living room to break a sweat? Check out these awesome live stream workouts or these YouTube channels.

Want something a bit more relaxing? Join Yoga with Adrienne for a 30 day yoga challenge or a simple stretch and relax session.

Movement and Fitness



Everyone knows that exercise is key to staying physically healthy, but it could do a lot for your mental health as well. After a workout, your brain releases feel-good hormones into the bloodstream that will leave you feeling refreshed, less anxious, can improve sleep quality, and leave you in an overall better mood. Now is a perfect time to start (or continue) moving, all within the comfort of your own home. Inside this section, you will find resources to FREE at-home workouts and activities.

Curry Health Center Resources

Call (406) 243-2122
to schedule a telehealth appointment with
medical or counseling

Kayli Julius

Email Kayli to schedule a remote health
coaching appointment:
kayli.julius@mso.umt.edu

Don't forget to check out our
[Health Coaching page!](#)

Sticking to a Schedule

Sticking to a
schedule can be
tough to do while at
home, but having a
routine can help you
stay productive and



maintain some normalcy in these crazy times.
Remember to schedule in self-care and time to relax.
Need some tips and tricks to working and studying
from home? We have got you covered.

Quick Tips:

Set a schedule- It is super challenging to have more flexibility in your schedule and try to get all the work done you need to in a day. I know many students are also trying to work from home. Try setting a work day schedule and make sure to include breaks!

Choose TWO- In our Health Coaching program we help students manage their time by using a high low priority system. Try to focus on two high priority tasks and two low priority tasks for each day. Make sure the tasks are specific and a achievable not big projects.

Create a calming workspace- Where you work will have a big impact on productivity. Try to create a space that is clean, comfortable, and organized.

Want to learn how to bullet journal? Check out our [Health Nut Video](#). Increase productivity with these [9 tips for working from home](#).

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