

# PERSONAL WELLNESS

We recognize that medical school can be stressful and demanding, and it's easy to neglect your personal well-being as you manage the many competing commitments of your medical education. But in order to be successful in medical school, you must spend the time and energy needed to take care of yourself. The Office of Student Affairs & Admissions offers resources, events, and confidential advising to enhance students' physical and mental health and support healthy lifestyles.

## **Schedule an Appointment**

For confidential conversations and referrals, set up an appointment with the School of Medicine & Health Sciences Wellness Advocates, Michelle Montgomery, M.S.W., L.C.S.W., at 701.777.5485 or [m.montgomery@UND.edu](mailto:m.montgomery@UND.edu); or Melissa Naslund, Ph.D., at 701.858.6700 or [melissa.naslund@UND.edu](mailto:melissa.naslund@UND.edu).

## **Health-Related Absences**

Excused absences are granted on a case-by-case basis. Phase 1 students should follow the Excused Absences procedure. Phase 2 and 3 students should contact their campus clerkship director or campus dean.

## **Mind-Body Medicine**

This elective course for first-year medical students focuses on identifying and understanding the stress and stressors in health professions and helpful ways of dealing with them.



# STUDENT HEALTH SERVICES & LOCAL HEALTH CARE

## **Stay Physically Healthy**

Student Health Services (SHS) is your clinic away from home. Their professional staff specializes in medical and psychiatric care for college students in a comfortable, non-judgmental environment. The clinic is conveniently located on campus and easy-to-use with a wide array of services, including lab and x-ray. To make an appointment, call 701.777.4500.

## **Pharmacy**

The Altru Family Medicine Residency Pharmacy is conveniently located on the UND Campus, next to the University Bookstore.

Address: 725 Hamline St, Grand Forks, ND, 58203

Phone: 701.780.6870

Additionally, the Grand Forks area has numerous pharmacies ready to assist you.

## **After Hours/Emergency Care**

For life-threatening emergencies, call 911. For emergencies after hours, go to the Altru Emergency Room. Altru Express [Care](#) has extended hours for non-emergency purposes.



# UND

# HEALTH & WELLNESS

## 7 Dimensions of Wellness

The UND Wellness Center is committed to a holistic approach to wellness, which encourages you to incorporate the *7 Dimensions of Wellness* into your daily life.

- **Spiritual Wellness:** A personal dimension that involves possessing a set of guiding beliefs, principles, or values that help give direction to one's life.
- **Social Wellness:** Your ability to meet the expectations and demands of your personal roles without harming others.
- **Occupational Wellness:** A journey that involves preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in your life.
- **Environmental Wellness:** An awareness of the state of the earth and the effects of your daily habits on the physical environment.
- **Intellectual Wellness:** Openness to new ideas, motivation to master new skills, a sense of humor, creativity, and curiosity.
- **Emotional Wellness:** Optimism, self-esteem, self-acceptance, and the ability to share feelings.
- **Physical Wellness:** A variety of healthy behaviors, including adequate exercise, proper nutrition, and abstaining from harmful habits such as drugs and alcohol.

## Wellness & Health Promotion

The Health Promotion office is dedicated to supporting your pursuit of having a healthy and well-balanced life. We offer a variety of programs and access to student peer educators to help you navigate a range of health and wellness topics, including:

- Mental health
- Sexual health
- Alcohol and drug education
- Nutrition
- General Health topics such as sleep and stress management.

For more information, contact UND Wellness & Health Promotion at 701.777.WELL or [UND.hwhub@UND.edu](mailto:UND.hwhub@UND.edu).

## Be Active

The University of North Dakota Wellness Center is the cornerstone of wellness and healthy living for our campus community. Nationally recognized and award winning, this state-of-the-art facility helps to cultivate multi-dimensional well-being of the UND community by offering a variety of programs, including group exercise, personal training, rock climbing, wellness education, cooking classes, and intramural sports.

A Wellness Center membership is included as part of your student fees while you are enrolled in classes. For more information, stop by the front desk, call 701.777.WELL, or visit UND Wellness Center.

For maps of **walking trails** on campus and around the community, see Walking Paths.



# UNIVERSITY COUNSELING CENTER

## **Stay Mentally Healthy**

The staff of professionally trained psychologists and counselors at the [UND Counseling Center](#) (UCC) offers group, individual, and couples counseling to help students enhance their personal strengths and problem-solving skills. Substance abuse education and assessments, eating disorder screenings, and assistance with referrals are also offered. For more information, call 701.777.2127 or visit the [University Counseling Center](#).

If you're not sure whether the moods or feelings you are experiencing are "normal," the UCC website has online **mental health self-assessments** that can help you clarify what is going on for you. These screenings can be done privately and at your convenience by visiting [Self-Assessment and Online Resources](#).

## **Help in a Crisis**

If you require emergency medical intervention, call 911 and arrange transportation to the nearest hospital emergency room. For UCC emergency sessions, call 701.777.2127 during normal office hours (Monday – Friday, 8:00 am – 4:30 pm). Please call FIRSTLINK 701.777.2127 and press "1" outside normal office hours. Additional information and resources can be found at [Help in a Crisis](#).

## **Groups and Workshops**

Check out UCC's upcoming [Groups and Workshops](#) available to current students.



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# COMMUNITY VIOLENCE INTERVENTION CENTER

## **Sexual or Relationship Violence**

UND has campus support and resources if you have experienced sexual or relationship violence. The Confidential Campus Advisor is available to assist with no contact orders on campus and civil protection orders, if appropriate. The advisor also assists faculty and staff with Title IX concerns and may provide options for reporting or accommodations within the university system.

To schedule a time to meet with Erica, CVIC at UND's Confidential Campus Advisor, please call 701.777.6550 (office) or 701.317.1860 (cell).



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# RESOURCES & MORE

## Get Enough Sleep

Here are few tips:

1. Keep a sleeping routine by going to bed at the same time, including the weekends. By being consistent with your sleep, your brain will rejuvenate faster and better.
2. Make more time for sleeping by getting at least 7-9 hours of sleep.
3. Take short naps, but limit them to 20-30 minutes and take them before 3 p.m.
4. Avoid caffeine and alcohol before going to bed because these substances can disrupt your sleep cycle.
5. Adjust the lights, wind down, and quiet your mind with a relaxing activity. Try to avoid distracting activities like checking your e-mail, watching TV, or talking on the phone.
6. Don't go to bed hungry or thirsty; your stomach will keep you up longer. Also, don't go to bed on a full stomach, you may have to get up in the middle of the night to use the restroom, only further adding to sleep deprivation.
7. Try calming snacks such as milk, yogurt, oatmeal, or bananas.

## Manage Stress

Your body's physical reactions to stress are natural—they are your body's way of preparing you to handle an emergency or a difficult situation, such as a high-stakes test. But if your body is geared up to react to stress for too long, such as in response to life's daily challenges, it is working overtime, and that build-up of extra energy can make you feel anxious or worried. Think of holding a weight. It doesn't matter how heavy the weight is; what matters is how long you have to hold it. Physical signs of stress you might experience include:

- Back pain
- Constipation or diarrhea
- Fatigue
- Headaches
- High blood pressure
- Insomnia
- Shortness of breath
- Stiff neck or jaw
- Upset stomach
- Weight gain or loss

## Take Control

Your goal should not be to remove all stress from your life—this is not possible or practical, especially for medical students. Instead, remember that stress is a natural part of life, recognize the symptoms when you are reacting negatively to stress, and learn techniques for managing stress responses. In other words, you can't always control the things that cause stress in your life, but you can control how you react to stress.

Here are some simple stress management techniques:

- Look at changes and difficult tasks as positive challenges, not as threats.
- Exercise on a regular basis.
- Eat regular, healthy meals.
- Get enough sleep.
- Take time for activities that you don't find stressful.

- Breathe deeply
  - o Lie down on a flat surface.
  - o Place a hand on your stomach, just above your navel. Place the other hand on your chest.
  - o Breathe in slowly and try to make your stomach rise a little.
  - o Hold your breath for one second.
  - o Breathe out slowly and let your stomach go back down.
- Relax fully
  - o Hold the muscles of your toes and feet tightly for a few seconds, then relax the muscles.
  - o Next, tighten your calf muscles for a few seconds, then relax.
  - o Work your way up through the rest of your body, one muscle group at a time.

**AMSA** (American Medical Student Association) Medical Student Well-Being provides students with resources and coping mechanisms for the prevention and management of stress-related problems.

### **Apps**

There are numerous free meditation apps to help you relax, including *Stop, Breathe & Think*, *Mindfulness Meditation*, *Calm*, and *Breathe2Relax*.

### **National Suicide Prevention Lifeline**

If you or someone you know is having thoughts of suicide, dial **1-800-273-8255**. The helpline is answered 24 hours a day and is free and confidential.

**TED Talk:** How to make stress your friend. Psychologist Kelly McGonigal urges us to see stress as a natural and positive reaction.

