



# Health Hub

Student Health Center [Issue: 3]

[www.health.uni.edu](http://www.health.uni.edu)

## Staff Spotlight

Eric Eittreim is a new addition to the counseling center team as a mental health therapist!



**What is your role in the Counseling Center?** I am a mental health therapist providing individual and group counseling to students. I co-facilitate the Anxiety Group and participate in outreach events and planning.

**What is your best advice for college students?** When you need help, ask for it: do not sit and wait until things pile up to where you feel overwhelmed and helpless. There is help and resources all around you between Student Affairs staff, faculty, on and off campus resources.

**What do you enjoy about working in the Counseling Center?** I enjoy the friendly environment in which we are able to provide a source of connection and support for people who are going through stressful periods in their life.

**Why do you believe counseling is important to college students?** I have personally experienced the benefits of personal growth that can be attained through counseling myself when I was a student and overwhelmed and stressed with school. I have felt the difference it can make in helping a person work through and manage the challenges.

**What is a fun fact about yourself?** I enjoy singing and songwriting in my free time.

## Counseling Center Information

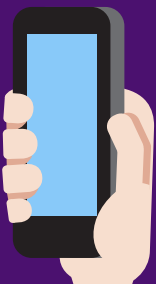


### Time Management Workshop

December 6 | 1:00-2:00 | Lib 218

Time is a precious commodity while in college and it only makes sense to learn to use what you do have to the fullest. This workshop explores common time mismanagement and presents key skills and specific tools to take charge of your time and make the most of it. Register online at <https://counseling.uni.edu/TrainingandWorkshops>

### Helpful Apps to Help Reduce a Habit



- Drinkless
- Quit That!
- Stride Habit Tracker
- No Marijuana Calendar
- Quit Cannabis
- Quit Genius

### Self-Care Apps

- Headspace
- Calm
- Stop Breathe Think
- Daylio
- Sleepio
- Mindshift
- Pacifica
- Happify
- PTSD Coach
- Breathe2Relax

### Counseling Appointments at UNI

The Counseling Center provides a variety of services to UNI students. Counseling services are confidential and provided free of charge to students who have paid the Mandatory Health Fee. Call the Counseling Center at 319-273-2676 to schedule an Initial Assessment appointment with a counselor.

**Holiday Closure:** The Counseling Center will be closed 12/24-1/1

Students can call our number and select option 2 to talk with a crisis counselor or go to an emergency room if in a mental health crisis while we are closed for the holiday.



UNI Counseling Center



UNI\_COUNS

# Student Wellness Services



@UNI\_SWS



Student Wellness Services



unisws

## De-Stress Days



Join Student Wellness Services and the Student Health Advisory Committee for De-Stress Days! This is a relaxing event to de-stress during the week prior to finals week. We will be in the Maucker Union Ballroom from 11 am - 2 pm on December 3, 4, and 5. We will have mini massages, puppies, coloring, a walking meditation, and other activities!



## Wellness Coaching

Want some support, to set goals, and to get prepared for the end of the semester? Wellness coaching is a **free and confidential** service available to UNI students that provides opportunities to explore personal strengths and apply them to goals. It takes an appreciative approach to creating the life you want by focusing on possibilities and options. Coaching sessions focus on strengths and opportunities in life.

Sign up at [studentwellness.uni.edu/wellness-coaching](http://studentwellness.uni.edu/wellness-coaching)

## Cold and Flu Tips



Wash your hands



Avoid touching your face



Clean work and home surfaces



Stay home and rest if you're sick



Exercise and practice self-care



Maintain a healthy diet



Have good sleep hygiene



Stay hydrated



Know that antibiotics don't work for a virus

# Student Health Clinic

## Services at the Health Clinic

**Need to be seen before the end of the semester? Check out all the health services offered at the UNI Health Clinic! Make your appointment today on your Patient Portal located at <https://health.uni.edu/>**

General Medical Care, Routine Health Exams, Injury Evaluations, Immunizations, Coordination of Care for Chronic Medical Issues, Resource Nurse, Psychiatric Services, Travel Consultations, Allergy Injections, Lab Testing, Sexual Transmitted Disease (STD) Testing, Eating Disorders Management, Women's Health Services, Pharmacy, Referral to a medical specialist

**Holiday Closure:** Medical and pharmacy services will not be available from Friday, December 14th at 4:30 p.m. to Friday January 11th at 8 a.m. The Student Health Clinic office will be closed 12/24-1/1



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UNI Student Health Clinic



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