

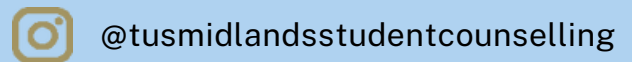
Counselling Service Newsletter

TUS Midlands



September 2024 Edition

Newsletter Content



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- Staying Well During the Academic Year

Counselling Service Information

This counselling service is provided free of charge by qualified and experienced professional counsellors and psychologists.

Counselling provides a safe, supportive and confidential environment in which students can discuss any emotional or psychological difficulties they may be experiencing. The counsellor will use their training and expertise to help you clarify what issues are impacting on you and your life, and then facilitate exploration of how you can find better or different ways to live and different perspectives.

How to get in contact

Go to the counselling page on the TUS website.

Click 'Register for Counselling'

If there are any issues registering please contact Denis, the Student Counselling Service Administrator

Call: +353 (0)90 646 8063 Email: counselling.midlands@tus.ie

Daily Walk-in

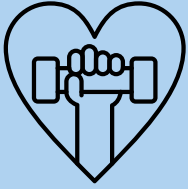
Use our walk-in service between 2pm – 3pm daily - No appointment needed

The Student Counselling Service is located in the John Count McCormack Centre on the 1st Floor (Above the Students Union).

Staying Well During the Academic Year

Welcome to a new academic year!

Maintaining your well-being across different areas is key to academically and personally thriving. Here's how you can take care of your physical, psychological, and social health:



Physical Well-being

- **Build Healthy Routines**

Prioritise sleeping, maintain a balanced diet and stay active to help boost mood and manage stress.

- **Take Breaks**

Regular physical breaks during study sessions can refresh your body and mind. Stretch, step outside, or simply move around to prevent burnout.



Psychological Well-being

- **Manage Stress Early**

University can be stressful, but managing it early is key. Practice time management, set realistic goals, and don't hesitate to ask for help when you feel overwhelmed.

Practice mindfulness or relaxation techniques, such as meditation or deep breathing, to stay centred amidst the demands of academic life.

- **Be Kind to Yourself**

It's okay to experience setbacks—university life is about growth, not perfection. Treat yourself with compassion and recognise your progress.



Social Well-being

- **Stay Connected**

Social connections are vital to your well-being. Build relationships with peers by joining student clubs, participating in campus events, or simply connecting with friends.

A strong support network can help you feel grounded and supported throughout the academic year.

- **Seek Support**

If you ever feel lonely or disconnected, remember it's okay to ask for support.

Taking care of your physical, psychological, and social well-being is the foundation of a successful academic year. The Counselling Service is here to support you in every step of your journey — don't hesitate to reach out!