



TUS Midlands Student Counselling Service Newsletter

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Counsellor Profile



Breda Brady

Hi all, I am Breda,

I am a student counsellor, and joined the Athlone TUS Counselling Service in February 2023. I have already met so many students, and it is refreshing to work with the students here in Athlone. I work with a person-centred approach, which entails meeting the client with what -ever they bring into the counselling room. I always aim to be fully present and non-judgemental, to provide my client with a safe space, where they can feel comfortable, while they share their current or past experiences, and to really be themselves.

I have been through the college system and am studying further on a part time basis, and although things have changed a lot since my time in college, I can empathise with the ongoing stresses and anxieties that many student's experience, both academically and in personal life.

I am a keen cyclist, although more of fair-weather cyclist, I tend to hibernate for a few weeks during the winter, I am also a member of my local cycling club in Mullingar. I have one cat, her name is Jo, and I love her dearly. I love all animals. I like to go swimming in my spare time but have yet to brave the cold waters, so the indoor pool suits me for now.

The Value Of Structure and Routine

As humans we are creatures of habit and some habits can be more beneficial for us than others. Having no routine or structure to our day can strip us of our academic motivation and leave us feeling sluggish, lethargic and unhappy. We need meaning and purpose in our lives and this requires structure and routine.

Routine provides us with a roadmap to follow and decreases stress by creating a sense of comfort and stability. It is important to try to meet our needs in balance; psychological, social, physical and academic. Experiencing meaningful connections in our day is just as important for our well-being as work. While also needing to attend to practical things, like shopping for food or washing your clothes.

Routines help us to create positive daily habits that promote self-care. We can organize our time around things that we deem important to maintain happiness and feelings of fulfilment.

Starting and sticking to a new routine takes some time and effort. You know yourself best, if something doesn't seem to be working, try tweaking your schedule to make it work for your needs.



Some tips for establishing and maintaining a new routine:

- Staying active and getting regular daily exercise
- Making sure that you are well-rested
- Eating healthy meals
- Setting realistic goals

- Trying to stay positive
- Setting aside time for activities that you enjoy

Having a regular routine can help you:

- Lower stress levels
- Form good daily habits
- Take better care of your health
- Feel more productive
- Feel more focused

