

TUS Midlands Student Counselling Service Newsletter



- Meet the Counselling Team
- Being Well This Academic Year

Welcome new students and welcome back returning students.



@tusstudentcounselling



@TUS_SCS



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Meet the Student Counselling team



Treasa Fox



Deirdre Hanamy



Olivia Feehan



Kathy Heavey



Eileen Hannon



Mike Ward



Patricia Lally



Oisin Moloughney



Breda Lynch



Breda Brady



Deirdre Wynne



Caitlín Hester



Mairead Devaney

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 Mairead, 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).



Being Well This Academic Year

Your well-being at university plays a vital role in shaping your overall student experience. Research indicates that poor student well-being can significantly impact various aspects, including learning, performance, social connections, enjoyment, retention, and overall satisfaction. To optimise your well-being and give yourself the best chance for success, it's essential to prioritise the basics: your physical and emotional needs.

Awareness & Choice

Developing awareness of our needs and making conscious choices to support ourselves is a valuable skill that can be honed with practice. For instance, let's say it's early afternoon, and you've had a day of lectures. You notice that you're feeling tired, sluggish, and low on energy. Take a moment to check in with yourself and assess your needs. Have you had enough water? Have you taken a break to get some fresh air? Have you had breakfast and lunch?

Sometimes, the solution to our low mood or energy levels can be as simple as addressing these basic needs, such as eating a nutritious meal or stepping outside for some fresh air. By cultivating awareness and taking charge of meeting your needs, you empower yourself to create a positive and supportive environment for your overall well-being and academic success.

Physical Needs

- Water & Food
- Movement
- Sleep
- Air & Sunlight

Emotional Needs

- Security & Control
- · Socially Connected
- Purpose & Competence







Connection

Establishing and nurturing social connections is a fundamental aspect of well-being, comparable in importance to eating nutritious foods and practicing deep breathing exercises. In the university setting, you are presented with a multitude of chances to cultivate meaningful relationships with classmates, housemates, friends of friends, and individuals within various societies and clubs. These connections serve as sources of emotional support, fostering a sense of understanding and belonging.

Remember that building meaningful connections takes time and effort, so remain open to meeting new people, engage in genuine conversations, and prioritise relationships that bring joy, support, and a sense of belonging.



TUS Midlands students share what physical and emotional needs are important to them to be well in university.





