



A Student Guide to Mental Wellness & Wellbeing

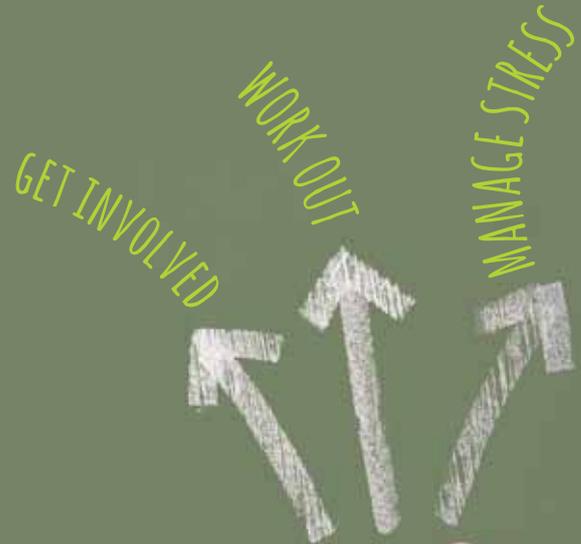


LIT
Active Leadership in Education,
Enterprise and Engagement

An LIT Student Counselling
Service Publication

ADJUSTING TO COLLEGE LIFE

- Expect the Unexpected.
- Enjoy all the surprises student life has to offer.
- Get Involved.
- Become part of a new social group.
- There's Room for Everyone.
- Even if the first people you meet on campus aren't right friends for you, don't stop looking.
- Manage your Stress.
- Work out, practice yoga, deep breathing or any other stress management technique you find useful.
- Stay Focused.
- Attend Every Class.
- Look on the Bright Side.
- Try to see college as an adventure, with each day providing something new.
- Party, Be Safe & Be Drink Aware.
- You Will Make Mistakes.
- College is about learning for life.
- Communicate your feelings openly & honestly.
- You Might Even Change - an inevitable part of the college experience.



BUILDING YOUR RESILIENCE

- Have Courage & Be Yourself.
- Take Time to Laugh & Enjoy pursuits which give you Pleasure.
- Get Connected.
- Build strong, positive relationships with loved ones & your community.
- Make Each Day Meaningful.
- Do something which gives you a sense of accomplishment & fulfilment each day.
- Be Hopeful.
- Keep things in perspective. Remember, this too shall pass.
- Learn from Experience.
- Consider skills & strategies which helped you through past experiences.
- Be Proactive.
- Try not to ignore problems or wish them away. Make a plan and take action.
- Take Care of Yourself.



- Tend to your own physical, emotional & spiritual needs.
- Get enough Sleep.
- Seek Help & Support.
- Talk to family and friends when life feels difficult.
- If you feel you are not making progress or don't know where to start, consider talking with a professional.

MINDFULNESS FOR STRESS RELIEF

- **CHOOSE A QUIET ENVIRONMENT**
In your home, garden or the great outdoors where you can relax without distraction & interruption.
- **A COMFORTABLE POSITION**
Sit with your spine straight, either on a chair or on the floor.
- **A POINT OF FOCUS**
This point can be internal - a feeling or imaginary scene or something external - a flame or meaningful word or phrase. Choose to focus on an object in your surroundings to enhance your concentration or close your eyes.
- **AN OBSERVANT, NONCRITICAL ATTITUDE**
If thoughts intrude into your relaxation session, don't fight them. Gently turn your attention back to your point of focus.



MAKING TIME FOR RELAXATION



RELAX

- If possible, schedule a set time to practice each day.
- Practice Relaxation Techniques while you are doing other things.
- Meditate while you are travelling to college. Try deep breathing & Mindfulness while you are walking between lectures, walking home, shopping or making dinner.
- If you exercise, improve the relaxation benefits by adopting mindfulness.
- Co-ordinate breathing with your movements & pay attention to how your body feels.
- Avoid practicing relaxation when you are tired. You will get most benefit when you are awake.
- Expect Ups & Downs.
- Try not to become discouraged, just get started again & build momentum.

VISUALISE...

IMAGINE A SCENE IN WHICH YOU FEEL AT PEACE,
FREE TO LET GO OF TENSION & ANXIETY

CLOSE YOUR EYES & LET YOUR WORRIES DRIFT AWAY.

Imagine a restful place. Picture it as vividly as you can—everything you can see, hear, smell & feel.

BEACH MEDITATION

You are walking along a beautiful, deserted beach. You are barefoot and can feel the firm white sand beneath your feet as you walk along the margin of the sea. You can hear the sound of the surf as the waves ebb and flow. The sound is hypnotic, relaxing you more & more. The water is a beautiful turquoise blue flecked with whitecaps far out where the waves are cresting. Near the horizon you can see a sailboat smoothly gliding along. The sound of the waves breaking on the shore lulls you deeper and deeper into relaxation. You draw in the fresh, salty smell of the air with each breath. Your skin glows with the warmth of the sun. You can feel a gentle breeze against your cheek and ruffling your hair. Taking in the whole scene, you feel very calm and at ease.

The Anxiety & Phobia Workbook.
Edmund J. Bourne, PHD.



Stress

Enjoy the feeling of deep relaxation that envelopes you as you slowly explore your restful place.

When you are ready, gently open your eyes and come back to the present.

LIT STUDENT COUNSELLING SERVICE CONTACT DETAILS



SUPPORT

Please see: www.lit.ie/counselling
For resources and helpline contact numbers

Reception LIT Student Counselling Service:
061 293106

Head of LIT Student Counselling Service:
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Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive