

# A STUDENT GUIDE TO WELLBEING AND SUCCESS

TUS MIDWEST STUDENT COUNSELLING SERVICE

2023



 061-293129

 COUNSELLING@LIT.IE

 @TUSMIDWESTSTUDENTCOUNSELLING

 TUS | STUDENT COUNSELLING (LIT.IE)



**This “Student Guide to Wellbeing & Success” is a further support provided by the TUS Midwest Student Counselling Service. I would encourage you to familiarise yourself with its contents especially at this time of year, and wish you every success in your exams.**  
**President of TUS Professor Vincent Cunnane.**

**While assessments & examinations are an integral element of university life, they are often a stressful part of the student experience.**

**Key to our student’s success is supporting our students to develop valuable life skills which maintain wellbeing and help manage stress or anxiety. The TUS Midwest Student Counselling Service, has developed “A Student Guide to Wellbeing” to empower our students during exams and for the future.**

**We hope you enjoy this interactive Student Guide & wish you well over the coming weeks.**



**With very best wishes,  
Niamh, Eimear & the TUS Midwest Student  
Counselling Team.**

Developing Proactive Coping Strategies can support us to manage feelings of stress and overwhelm.

Develop Self Awareness; recognize & become aware of your feelings when stressed.

# Spot the Signs!

## Cognitive signs

- Are you finding it hard to focus on what you are doing?
  - Do you find yourself procrastinating a lot?
  - Do you tend to forget things?
  - Do you find decision making hard?

## Physical signs

- Are you losing sleep?
  - Do you have headaches?
  - Are you having digestion issues?
  - Do you feel tense?

## **Emotional & behavioral signs**

- Do you easily feel or act from your emotions?
  - Do you find it hard to 'turn off' your mind/brain?
  - Are you using unhelpful thinking?

## Yes/No

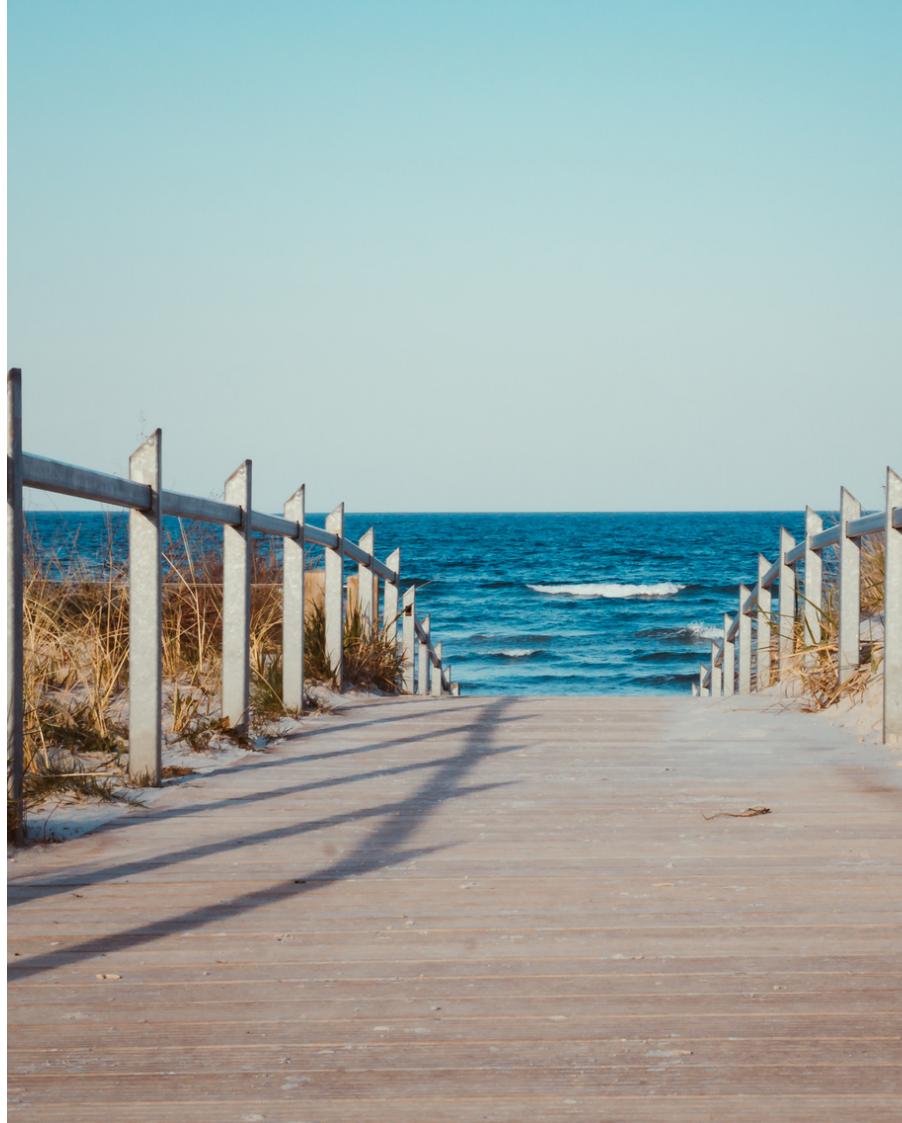
A little/ A lot

Take time to check in-take a deep breath and notice what you are feeling-say hello to your feeling, try not to push it away.

# Develop Self-Management Skills

**Focus on the here & now,  
this will help you to  
manage feelings of panic  
and stress.**

- Name 3 things you can see.
- Identify 3 things you can hear.
- Move 3 body parts.



Activating Activities can discharge stress, tension & restore our energy.

Why not try..

*Dancing & Singing*

*Use creative arts Drawing/Painting*

*A walk or breather in nature*

*Listening to uplifting energetic music*

*Cold Showers/ splashing cold water on your face.*

*..or physical exercise such as*



*Wall push ups  
Jumping Jacks  
Skipping  
Knee ups*



Calming & Regulating Practices help restore balance and regulate stress and anxiety.

*use a weighted blanket.*

*Take a warm bath.*

*Pet an animal.*

*Use noise cancelling headphones.*

*Use fidget toys.*

*use guided relaxation exercises.*

*Practice Mindfulness*

*Listen to relaxing soothing music.*



Practice Box  
Breathing.



Tap  
HERE



Guided Meditation  
Practice.



# YOUR LEARNING STYLE

*Knowing your learning style increases your academic confidence, motivation and learning.*

## 3 TYPES OF LEARNER

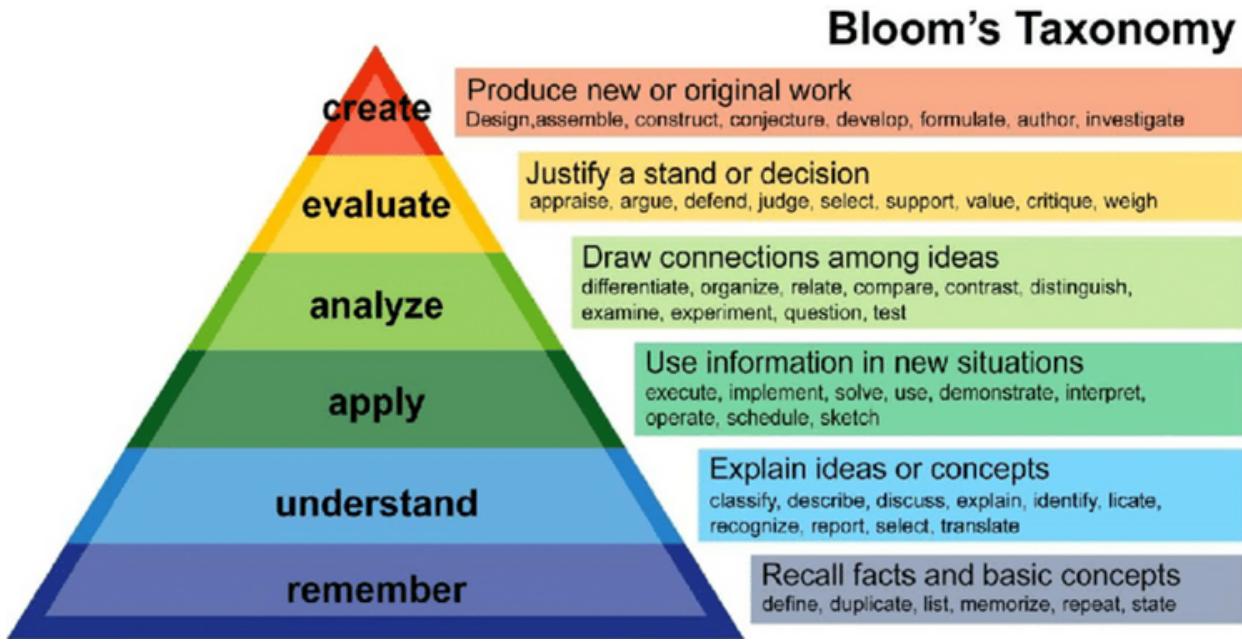
Effective Learning for Everyone



- *Visual Learner – learns best by seeing*
- *Auditory Learner – learns best by hearing*
- *Kinesthetic Learner – learns best by experiencing/feeling/Physical learner*

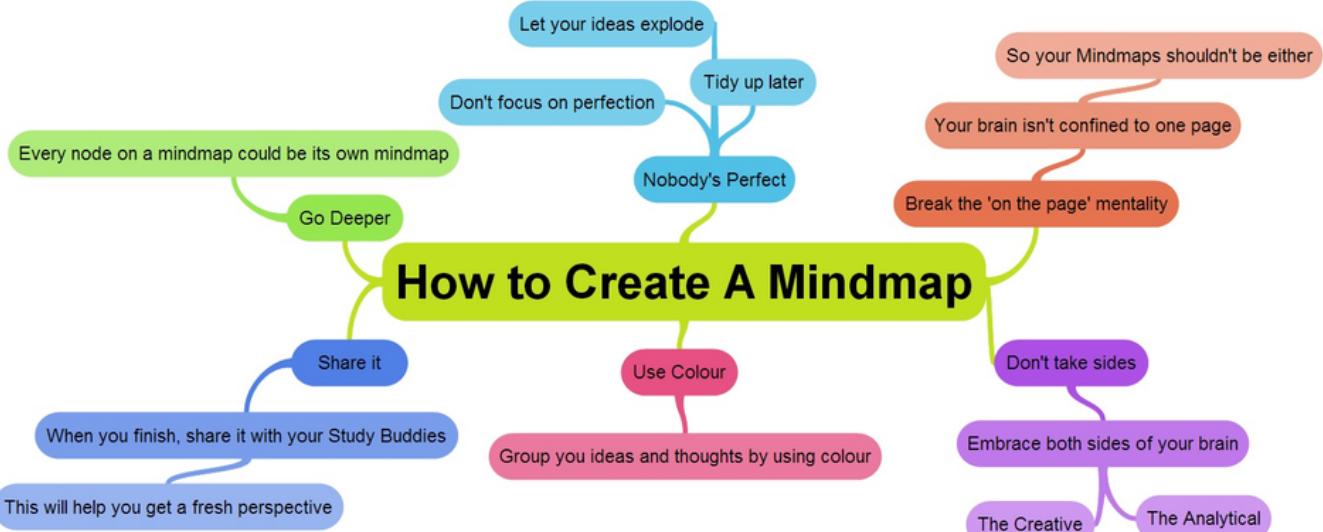
# DURING EXAMS

**During Exam Questions consider..**



**The first few minutes of the exam..**

- *Read the questions*
- *Choose the ones you will do*
- *Draft key points or mind map*
- *Answer each question*
- *Revisit the notes/map several times to jog your memory*



# Nutritional Strategies to Ease Stress and Anxiety

## **Crunchy Food**

Can Help Release Tension from your Jaw, Face & Neck

## **Spicy Food**

Eating spicy food increases core temperature, increases metabolism, dopamine & feel good endorphins.

## **Sour Food**

Research suggests that sour food releases serotonin which positively affects appetite, sleep, memory, mood & sexual desire.



## **Food For Thought**



Eat regularly, don't skip meals particularly breakfast. The brain uses 20% of the body's energy so keep it fueled.

Eat plenty of fruit and vegetables which are full of minerals and vitamins. Put vegetables and salad items into wraps, stir fries etc. Add fruit in smoothies & on cereals & yoghurts. Use frozen vegetables as a quick alternative in meal preparation. Keep a bowl of chopped fruit prepared each day.

Plan ahead with your food shopping and meal preparation.

Include Omega-3 rich foods well-known for their ability to support brain function. Include them in your meals or snacks. Eat oily fish such as salmon, chia seeds & flaxseeds all rich in omega-3.

Stay hydrated drink at least 1.5 - 2 litres of water a day, even slight dehydration can lead to a lack of focus and concentration, so it's important to drink enough water when you're studying and during the exam.

# Recipes for Success

*Please see our Instagram for more like this..*

## Get Ahead Overnight Oats



### Ingredients

2 portions

50g porridge oats

20g nuts of choice roughly chopped

¼ tsp ground cinnamon (optional)

2-3 tablespoons Greek yoghurt

200ml milk (more or less depending on how thick you like it)

50g berries of choice

1 tablespoon peanut butter

10g seeds (examples include sunflower, flax seed, pumpkin seeds)

### Method:

In a bowl mix the oats, nuts, & cinnamon. Stir in the yoghurt, peanut butter, berries and milk, then cover the bowl or place in an airtight container and chill in the fridge overnight.

In the morning top with extra berries and seeds.

*In Collaboration with Eithne Gavigan, TUS Midwest Department of Hospitality, Tourism & Wellness.*

*Lecturer in Culinary Arts*

# Chicken Teriyaki with Broccoli and Brown Rice

23 ▲

IVA STORIES



INGREDIENTS- Makes 2-3 Portions

2 tbsp toasted sesame oil

6 skinless and boneless chicken thighs, sliced. (Chicken thighs are cheaper than chicken breast, but chicken breast may also be used in this recipe)

2 large garlic cloves, crushed

1 thumb-sized piece ginger, grated

50g runny honey

30ml light soy sauce

1 tbsp rice wine vinegar

80ml water mixed with 1 teaspoon of cornflour)

1 tbsp sesame seeds, to serve

4 spring onions, shredded, to serve

Brown basmati rice and broccoli, to serve

## Method

Heat the oil in a non-stick pan over a medium heat. Add the chicken and fry for 7 mins, or until golden. Add the garlic and ginger and fry for 2 mins. Stir in the honey, soy sauce, vinegar and 80ml water with dissolved cornflour. Bring to the boil and cook for 2 – 5 mins over a medium heat until the chicken is sticky and coated in a thick sauce.

Scatter over the spring onions and sesame seeds, then serve the chicken with the rice and broccoli

**In Collaboration with Eithne Gavigan, TUS Midwest Department of Hospitality, Tourism & Wellness.**

**Lecturer in Culinary Arts**

# Celebrate small wins!

Boost positive emotions- focus on your achievements to date.

## Name...

**1 success I had today/this week**

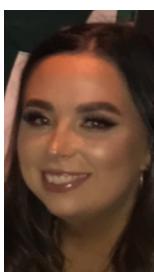
**3 things I have learnt this week.**

**2 things I confidently know.**

**4 things I am grateful for today.**

Find a friend/ study partner/family member who has a calming influence on you- this will help you to regulate feelings of stress and help you stay in the zone!

**Remember to seek support if you feel overwhelmed or distressed.**



**061-293129**



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**togetherall**

**text about it**

**50808**



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# OUT OF HOURS SUPPORTS

**text about it**

**50808**

50808 is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support. Text TUS to 50808



Togetherall is a clinically managed, 24/7, online peer support community designed to improve mental health. Sign up for free at Togetherall with your Student email

If you need support urgently, here are some outside supports you can contact.

Samaritans 116 123

Pieta House pieta.ie freephone 1800 247 247

Aware aware.ie freephone 1800 80 4848

Alternatively, you can contact the crisis team in University Hospital Limerick 061 301111.

visit TUS | Student Counselling (lit.ie) for resources & useful contacts.

**2023**