

# WELLBEING TOOLKIT

Practical Mental Health  
Supports & Advice

emer tobin  
counselling



[www.emertobin.com](http://www.emertobin.com)

# WELCOME TO THE WELLBEING TOOLKIT

Hello,

Life has its moments, and sometimes your mental wellbeing needs a little extra care. This guide offers simple tools and clear pathways to support your mind.

It's a helpful companion to understand your feelings and take positive steps.

This guide works alongside your GP's care, it's not a substitute for professional medical advice and Counselling support.



emer tobin

# UNDERSTANDING YOUR MENTAL WELLBEING

## **It's Okay Not to Be Okay**

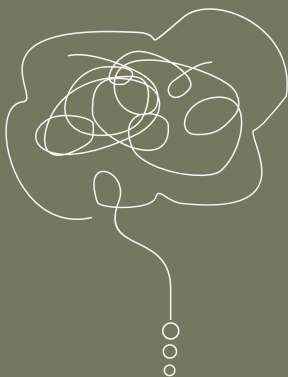
Mental health, like physical health, has good and bad days. Feeling stressed, anxious, or low is normal.

## **Common Signs**

You might notice fatigue, poor concentration, less enjoyment, or irritability. Your thoughts might race.

## **Mind-Body Connection**

Your mind and body are linked. Taking care of your mental wellbeing improves physical health,



# **IMMEDIATE SUPPORT: BREATHING**

When overwhelmed, anxious, or stressed,  
this breathing tool helps you find calm.

Mindful Breathing  
The **4-7-8** Technique  
Calms your nervous system

**Breathe in (nose) for 4 seconds.**



**Hold breath for 7 seconds.**



**Exhale (mouth, "whoosh") for 8 seconds.**



**Repeat 3-4 times.**

# IMMEDIATE SUPPORT: GROUNDING

Helps you feel present when  
overwhelmed by thoughts

## The **5-4-3-2-1** Method

Engage your senses and shift your focus  
from overwhelming thoughts or feelings  
to your immediate environment. By  
consciously identifying:

5 things you SEE.



4 things you FEEL.



3 things you HEAR.



2 things you SMELL.



1 thing you TASTE.



# BOOST YOUR MOOD MOVE & CONNECT

**Small changes significantly boost mood and energy.**

**Movement is a powerful mental health tool.**

**TOP TIP:** Start with a 10-minute walk, then find what you enjoy like dancing or gardening.

Regular, gentle activity is key.

Connecting with nature also reduces stress and boosts mood; take time outdoors to notice trees, the sky, sounds, or simply feel the sun and breeze.



# FOUNDATION FOR WELLBEING

## REST & FUEL

Building a strong foundation involves nourishing your body and getting enough rest.

### **Sleep Hygiene Basics**

Good sleep is crucial for mental and physical health.

- Be consistent: Go to bed/wake up at similar times, even on weekends.
- Wind down: Bath, reading, gentle music before bed.
- Limit screens: Avoid phones/TVs an hour before sleep.
- Comfortable space: Dark, quiet, comfortable bedroom.

Zzz...



# FOUNDATION FOR WELLBEING

## REST & FUEL

### Nourishment & Hydration

What you eat and drink impacts your brain and mood.

- **Balanced meals:** Aim for regular meals with fruits, vegetables, whole grains.
- **Stay hydrated:** Drink plenty of water throughout the day.
- **Choose foods tat make you feel good and energised.**





# REACHING OUT & TUNING IN

**You don't have to face challenges alone.**

Connection and mindful awareness offer support.

Connecting with Others Talking about your feelings can lighten the load.

- Reach out: Chat with a trusted friend, family member, or colleague.
- Spend time with loved ones: Even a quick call or shared tea helps.
- Join groups: Hobbies involving others foster connection.



# MINDFUL MOMENTS

**Take short breaks to simply 'be'.**

- Savour: Enjoy a hot drink, focusing on taste and warmth.
- Listen: Focus only on music, without distraction.
- Notice senses: Pay attention to what you see, hear, smell, taste, and feel.

Small moments reduce stress.



# KNOWING WHEN TO REACH OUT

It's vital to know when you need more support.

## **Seek More Support If:**

- Feelings of low mood or anxiety persist or worsen.
- You feel overwhelmed or can't cope daily.
- Sleep or appetite significantly changes.
- You're withdrawing from life.
- You have thoughts of harming yourself or others.

## **Your GP is Key:**

- Always talk to your GP first. They listen, assess, advise, and refer to specialists.

**Seeking help is a sign of strength.**

# IMMEDIATE HELP & CRISIS SUPPORT

For immediate help, use these vital contacts.

- Emergency Services: 999 / 112  
(Or go straight to A&E if you can)
- Samaritans: 116 123 (24/7)
- Pieta House: 1800 247 247 (24/7)
- Aware: 1800 80 48 48
- Text About It: Text "HELLO" to 50808



## FURTHER SUPPORT & INFORMATION

- HSE Mental Health Services: Your GP can help you access local services.
- Minding Your Wellbeing (HSE): [www.hse.ie/mindingyourwellbeing](http://www.hse.ie/mindingyourwellbeing)
- Youth information website SpunOut.ie: [www.spunout.ie](http://www.spunout.ie)
- MyMind: [www.mymind.org](http://www.mymind.org)
- Bodywhys (Eating Disorders Ireland): [www.bodywhys.ie](http://www.bodywhys.ie)
- Mindfulness App Smiling Mind: [www.smilingmind.com.au/](http://www.smilingmind.com.au/)



# YOUR NEXT STEPS & IMPORTANT REMINDERS

## Remember These Things:

- **Progress, Not Perfection:** Wellbeing is a journey. Be patient and kind to yourself.
- **Small Steps Matter:** Tiny changes lead to big improvements. Celebrate your efforts!
- **You Are Not Alone:** Many face mental health challenges. Seeking support is a sign of strength.
- **Keep Talking:** Continue to talk with your GP about how you're feeling and your support needs.



emer  
tobin



# COUNSELLING SERVICE

REACH OUT.



Speak in Confidence with a  
Qualified Counsellor

**CONTACT ME**



☎ 0876961692



WWW.EMERTOBIN.COM