

WELLBEING TOOLKIT

Practical Mental Health
Supports & Tools

emer tobin
counselling



www.emertobin.com

WELCOME TO YOUR 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 you!

It's a helpful companion to help 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 Psychological/Counselling support.



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UNDERSTANDING YOUR MENTAL WELLBEING

It's Okay Not to Be Okay

Mental health, like physical health, can have its good and bad. Feeling stressed, anxious, or low from time to time is normal. However, it is important to recognise when these feelings become more frequent & start to impact on your day to day functioning.

Common Signs

You might notice increased fatigue, poor concentration, less enjoyment, or irritability. Your thoughts might race & you may feel somewhat overwhelmed.

Mind-Body Connection

Your mind and body are interconnected. Taking care of your mental health will in turn improve your physical health.



IMMEDIATE SUPPORT:

BREATHING

When overwhelmed, anxious, or stressed,
this breathing tool may help 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 for example.

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 that 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 simple walk in the park or beach together
- 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.



JOURNALLING

Emotional release & stress relief

Writing down worries, frustrations, or overwhelming thoughts provides a safe outlet, helping reduce stress and preventing rumination from building up.

Improved self-awareness

Journaling encourages reflection on thoughts, feelings, and behaviours, making it easier to notice patterns (like triggers for anxiety or low mood) and develop insight.

Better emotional regulation

Putting feelings into words can make them feel more manageable and less intense, supporting greater calm and emotional balance.



JOURNALLING

Problem-solving & clarity

Writing helps organise scattered thoughts, which can make it easier to work through challenges, make decisions, and see solutions more clearly.

Increased sense of control & resilience

By tracking progress, recording positive experiences, and setting small goals, journaling reinforces a sense of agency and promotes resilience in facing difficulties.



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
- Youth information website SpunOut.ie: www.spunout.ie
- MyMind: www.mymind.org
- Bodywhys (Eating Disorders Ireland): www.bodywhys.ie
- Mindfulness App Smiling Mind: 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.



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COUNSELLING SERVICE

REACH OUT.



Speak in Confidence with a
Qualified Counsellor

CONTACT ME



☎ 0876961692



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Feeling overwhelmed or navigating a tough time? You don't have to do it alone. I provide a safe, confidential, and non-judgmental space for you.



Based in Tralee, Co. Kerry - Counselling and Psychotherapy practice facilitating clients in a professional and confidential setting

Everybody experiences difficulties in life. There are times when these difficulties can become overwhelming. Counselling offers a safe place to support you and help you navigate your way through these issues.



You can benefit from Counselling if you are experiencing any issues that are negatively affecting your life. It is a space just for you, to discuss and process your thoughts, emotions and feelings in a comfortable and safe setting, without any judgement

SUPPORT WITH

individual therapy	depression; anxiety & stress
relationship issues & personal development	life transitions
sexuality & sexual identity	self-esteem & confidence
bereavement & loss	womens mental health
addiction support	anger; conflict & bullying support
parental mental health	workplace wellbeing & support

Email now for an
Appointment

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