



# TUS Midlands Student Counselling Service Newsletter

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## Counsellor Profile



Oisín Moloughney

Hi, I'm Oisín! I'm a student counsellor with the team here in Athlone, having joined the team in October. Prior to TUS I've supported people in affordable counselling service Good2Talk, and also work in Midlands Counselling Service. In a previous life I was a student in Athlone IT, where I soon learned the importance and value of looking after your own, and advocating for, mental health. I then spent two terms in the Students Union, first as Welfare Officer and then as President. These experiences I feel have given me good insight into the student experience here in Athlone, and the multitude of challenges, stresses and issues students face every day. From the pressure of exams, labs and assignments, to the difficulties we all face around family, friends, work and relationships, to the anxieties we face within ourselves. At times, students have a lot on their plate.

I work as a Humanistic Integrative psychotherapist. Over time I've come to recognise and trust deeply in each individual's ability to realise their inner strengths and resources, and their tendency to move towards greater wellbeing. While I draw from different theories, including CBT, Person-Centred and Psychodynamics, I believe at the core of any therapy is the relationship between the client and their therapist. In the right environment, feeling understood and accepted without judgement, it's incredible the change we're capable of bringing about in our lives. I hope to welcome all my clients into an environment that feels warm, safe, and judgement-free where they can explore whatever they need to explore.

I come from a rural area in south Offaly, and am passionate about self-care. For me that means spending time in nature, practicing mindfulness, exercise, cooking, reading or playing videogames. When I'm not doing that stuff I'm among friends and family or cleaning up after my cats.

# Supportive Grounding Exercises

## 5 - 4 - 3 - 2 - 1 and Breathing Technique

Grounding exercises are very useful during exam time. Grounding exercises are helpful for many situations where you find yourself becoming overwhelmed or distracted by memories, thoughts or feelings and help bring yourself into contact with the present moment – the here and now. The 5 4 3 2 1 Strategy is a practice you can do anytime, anywhere - with you being your best resource!

### 5-4-3-2-1 Strategy



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

**Sight** Acknowledge five things you can see. It can simply be a pencil, a picture, another person's jumper, a tree.

**Feel** Acknowledge four things you can feel. Rub your hands, ground your feet, rub a piece of jewellery you are wearing.

**Hear** Acknowledge three things you can hear. This can be internal and external - a car passing by, your belly rumbling, birds chirping.

**Smell** Acknowledge two things you can smell. A pencil, soap from washing your hands, essential oils or go outside in nature.

**Taste** Acknowledge one thing you can taste in your mouth - coffee, chewing gum, what you ate for breakfast.

### 4 - 7 - 8 Breathing Technique

Close your lips and inhale through your nose for a count of four.

Hold your breath for a count of seven.

Exhale completely through your mouth making a whoosh sound for a count of eight.

This completes one cycle.

### The Power of Smell

Our sense of smell has the quickest access to our brain and using this as a resource can help reduce tension and stress.

What smell soothes you and brings you calm? And how can you bring more of it into your life?

E.g. - rubbing lavender oil on your wrist before going into exam hall.