



# Mental wellbeing guide

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“Feel Better, Think Clearer”

A simple guide to resilience

It's more than the absence of illness -  
..... It's the ability to cope, connect and thrive.



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## Introduction and welcome:

Hello and welcome,

Thanks for downloading this guide. Whether you're feeling overwhelmed, stressed, or just looking to strengthen your mental resilience, you're in the right place.

I'm Richard McQuirke, a Counsellor and founder of Secure Cortex. We specialise in short, practical workshops that help individuals and teams boost their mental wellbeing—quickly and effectively. This guide gives you a taste of some of our most powerful tools. They're simple to learn and surprisingly effective when used regularly.

*Let's get started—one small step at a time.*

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## What is mental wellbeing?

Mental wellbeing is about how you're really doing—emotionally, psychologically, and socially. It affects how you think, feel, and cope with life's challenges.

- ✓ It's **not** about being positive all the time.
- ✓ It's about knowing how to bounce back, stay grounded, and make wise decisions under pressure.

### Good mental wellbeing looks like:

- Feeling more in control of your emotions.
- Having healthy ways to cope with stress.
- Being able to connect with others meaningfully.

*Let's explore 5 tools that can help you build this kind of wellbeing.*



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## **Tool 1: Ground Yourself: 5-4-3-2-1 Technique.**

When your mind is racing or you're feeling anxious, this tool brings you back to the present using your senses.

**Try this:**

**5** things you can see.

**4** things you can touch.

**3** things you can hear.

**2** things you can smell.

**1** thing you can taste.

Take your time. Name each one slowly. Feel yourself settle.



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## Tool 2: Meet the PAC Model .

We all have three internal states that drive how we think, feel, and react :

**Parent** – Critical or nurturing

**Adult** – Calm, logical, present

**Child** – Emotional, playful, reactive



Stress often pushes us into Critical Parent or Anxious Child.

Try this:

Next time you're overwhelmed, pause and ask: "Which state am I in right now?" Then take a breath and shift into your Adult—the part of you that can respond calmly.



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## Tool 3: Reframe That Thought.

**Negative thoughts** can feel true—but often they're just a habit. Example: "I'm terrible at this, I'll never cope."

**Reframe:** "This is hard, but I'm learning, and I've coped before."

Try this:

Notice the thought. Ask: "Is this 100% true?" Replace it with something kinder but still realistic.

*Be kinder to yourself*



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## Tool 4: 4-7-8 Breathing.

This calming breathing technique can reduce anxiety and help you refocus.

**Breathe in** for 4 seconds

**Hold** for 7 seconds

**Breathe out** for 8 seconds

Repeat 4 times. Do this before meetings, sleep, or stressful moments.

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## Tool 5: The Daily Check-In

Take 60 seconds each day to ask yourself:

- How am I feeling?
- What do I need right now?
- Am I tired, hungry, lonely, overwhelmed?

This simple habit builds self-awareness and stops stress from piling up.



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## Ready for More?

If this guide helped, there's so much more to explore. Our online workshops offer:

- Practical tools like these in greater depth
- Live guidance in a relaxed, supportive environment
- Lasting strategies to improve resilience, focus, and wellbeing

### 2-hour workshops on:

- Resilience Training
- Regulating Emotions with the PAC Model
- Coping with Change
- Managers' Mental Wellbeing Awareness

Visit [www.securecortex.co.uk](http://www.securecortex.co.uk)

Tel: 07778995033



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## Details of help and support organisations:

[Samaritans](#): (suicide prevention) call **116 123**

[Papyrus](#): (suicide prevention) A confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide. The helpline number is **0800 068 4141** and is open from 9AM to midnight every day. You can also text them on 077862 09697 or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[CALM](#): (suicide prevention) is an organisation which offers help, information and advice to anyone. They deal with issues such as abuse, bullying, mental health, relationships, suicide and self-harm. The CALM helpline is open every day from 5PM – 12AM (midnight) on **0800 58 58 58**. You can webchat with them via their website or via WhatsApp. [www.thecalmzone.net](http://www.thecalmzone.net)

### Shout:

Shout: (Suicide prevention) Offers a free, 24/7 [confidential messaging service](#) for anyone who is struggling to cope. Text the word 'Shout' to **85258**. Shout is a de-escalation service operated by trained, shout volunteers who work with people in distress to take them to a calmer moment and empower them to take next steps to feeling better and handle future issues. [Note: this is a text messaging service only.](#)



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## Details of help and support organisations:

### National Domestic Abuse Helpline:

24-hour freephone operated by Refuge and staffed by female advisors.

They can be contacted on **0800 2000 247** and are open 365 days of the year, 24 hours a day.

Alternatively, you can send a message via a form on the website with details of how and when someone can get in touch with you safely. They also operate a webchat which is open Monday to Friday 3PM-10PM. [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

### Childline:

Offers information, advice and confidential counselling to anyone aged 18 or under on any issue affecting them.

Their phoneline is open all day every day by calling on **0800 1111**, or you can go to [www.childline.org.uk](http://www.childline.org.uk) to access their webchat service.

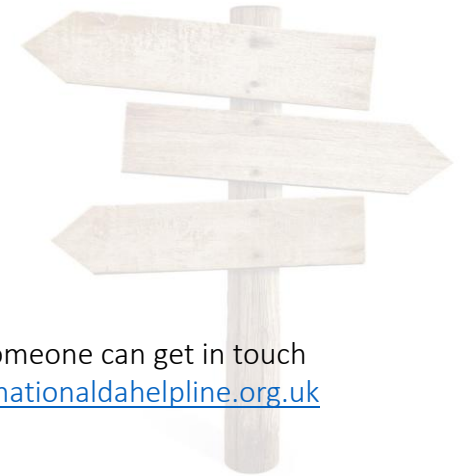
You can visit their website to access more information on them or send an email using a Childline account.

### SP-UK:

SP-UK: (Suicide prevention) National Suicide prevention helpline UK Offers a compassionate and understanding lifeline for those struggling with mental well-being or having suicidal thoughts.

Their helpline is open every day from 6PM-midnight.

To speak to a dedicated volunteer, you can call them on **0808 689 5652**. They also have a good website with useful information. [www.spuk.org.uk](http://www.spuk.org.uk)





# New Romney Counselling Services

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## Details of help and support organisations:

**Victim Support:** (victims of crime) Offers emotional and practical support, advice and information to people affected by crime, including their friends, family and any other people involved.

Their helpline is free and confidential, and available 24/7 on **0808 16 89 111**

On their website you can also chat to them online or find the details for services in Scotland or Northern Ireland.

**Beat:** (eating disorders) Offers support and information for people affected by eating disorders.

Their helpline is open every day from 9AM-midnight during the week, and 4PM-midnight on weekends.

You can call them on 0808 801 0677, or their Youthline on **0808 801 0711**.

They also have a webchat service available Monday to Thursday from 8PM to midnight.

**Galop:** (LGBT+ support) is an LGBT + anti-abuse charity working with and for LGBT+ victims and survivors of interpersonal abuse and violence. They also support people supporting a survivor of domestic abuse; friends, families and those working with a survivor.

You can contact their helpline on **0800 999 5428** and it's open Monday to Friday 10AM-5PM and Wednesday and Thursday 10 AM-8PM.

