

East Kent

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Improving Sleep for Wellbeing

A good night of sleep is linked with an array of health benefits including better mental health. Improving Sleep for Wellbeing is a workshop that helps people develop an understanding of sleep and offers a range of ideas and activities to help promote both the quality and quantity of your sleep.

This workshop promotes the use of cognitive coaching, self-awareness and self-reflection to aid sleep management. Participants are helped to identify reasons for poor sleep and given advice so that they can maximise their own self-management techniques for both improving and maintaining sleep and wellbeing.

This course includes participation in peer support group activities and exercises to give you the opportunity to understand what sleep is for and what is keeping you up at night. The workshop also aids you to put in place a plan to create ideal sleep conditions which in turn should improve your sleep, energy levels and performance.

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or book online at: eastkentmind.org.uk