

Manage Your Worries & Improve Your Sleep

Aims of the course:

A friendly, supportive and educational course over 3 weeks, each session we will introduce a bite-sized topic covering a range of mental health and wellbeing issues designed to help offset the negative impacts of the past and feel better, stronger and more prepared for a happy Christmas and beyond.

Join us on this journey to learn tried and tested techniques that, with practice and dedication, can help enhance the way you feel now and in the future.

Aims of Session One: 'Anxiety and Worry'

- Understand what Anxiety and Worry is
- Recognise the signs of Anxiety and Worry
- Why is it important to learn about and understand Anxiety and Worry
- Identify different techniques and coping strategies to deal with Anxiety and Worry

Aims of Session Two: 'Sleep Hygiene, Physical Exercise and Healthy Diet'

- What is Sleep Hygiene, why is it so important, how to improve
- What is Physical Exercise, why is it so important, how to improve
- What is a Healthy Diet, why is it so important, how to improve

Aims of Session Three: 'Relaxation, Mindfulness and Grounding'

- Explain what relaxation, mindfulness and grounding is and its' benefits
- Find out more about how mindful and relaxed we are
- Discuss how we can improve our mindfulness
- Try some relaxation techniques using different resources