

iCan Get a Better Night's Sleep

This 2 hour workshop will provide an opportunity in an informal setting to consider and share what might be helpful to get a better night's sleep. We will look at:

- Sleep hygiene ideas
- Strategies to manage the busy mind incorporating imagery, relaxation and mindfulness exercises.

We can all struggle at times with sleep difficulties, particularly during periods of high stress. Generally the problem is short lived, but sometimes struggling to gain the elusive 'good night's sleep' can become a real point of frustration.

The workshop will provide an opportunity to discuss and share experience, knowledge and strategies that have worked (or not!) for you. Hopefully you will leave with a better understanding of what might be helpful and some ideas to work on.

For further information on sleep please visit the sleep links on the Counselling Service website.

There is no need to pre-book but to guarantee a place please contact our office manager on counselling@bangor.ac.uk. The workshop will be limited to 20 places.