**Restorative Rest**

**Tuesday 9th August 2022**

**10.30am – 12.30pm, Fellwood Training Room, Wigton Hospital**

**& Tuesday 16th August 2022**

**10.30am – 12.30pm, Learning Suite, Wigton Hospital**

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**Is lack of sleep affecting your daily life? This two-part workshop looks at the following:**

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| * Why do we need sleep? * How many hours of sleep do we need to function well? | * Problems and barriers to a good night’s rest |
| * What have you already tried? | * Keeping a Sleep diary |
| * Goal setting and strategies for change | * Mindfulness and relaxation techniques |



**To book please contact;**

Hazel Stewart : **07917 265 287**

Book your ticket

at: <https://www.eventbrite.co.uk/e/387399942657>

Or email : [wellbeing@NCIC.nhs.uk](mailto:wellbeing@NCIC.nhs.uk)