

Care Well, Cope Well - Live Well!

Family Tree Wirral is offering three workshops exploring important themes that arise frequently during our contact with carers and other family members.

A common concern is the inability get to sleep - and to stay asleep! Carers long to feel rested and refreshed but often complain of feeling exhausted and unable to function effectively during the day time.

The caring role can also sometimes feel unrelenting. As soon as one difficulty or concern is addressed, it sometimes feels as if another comes along to take its place! What can we do to help us cope with and accept the pressures life seems to throw at us?

Finally, are we too hard on ourselves and do we treat ourselves with the kindness and compassion that we often show to those for whom we care?

BOOK YOUR FREE PLACES NOW! 

familytree



WIRRAL

Agencies for
Carers
Executive

Photo Credit: D Sharon Pruitt

Getting a Good Night's Rest

Many carers tell us that they often struggle to get a good night's sleep, and in some cases this has become a chronic problem. Poor sleep can severely impact on your emotional and physical health. Sleep is as important to our health as eating, drinking or breathing!

Do you sometimes feel irritable, unable to concentrate, or unable to work due to a lack of sleep? Do you sometimes avoid desirable activities due to tiredness, which in turn affects your quality of life?

Are you aware that a lack of sleep has been linked to diverse health conditions such as heart problems, diabetes and even obesity, in addition to an increased risk of developing anxiety or depression?

If sleep is a problem for you, what steps can you take to improve your situation? What can you do to help you sleep better, cope better and feel better?

In addition to briefly exploring common strategies linked to sleep hygiene, such as adjusting lighting, heating and noise in the sleep environment, the sessions will look in greater detail a range of psychological strategies with proven effectiveness in improving our ability to sleep. We will explore a variety of strategies and exercises to help you get a good night's rest.

Accepting the things that you cannot change

Caring for someone brings its own challenges and coping with these can sometimes be difficult. Many people provide many years of care and support for the people in their lives, and sometimes the pressures and challenges this brings can feel unrelenting. Having overcome one 'hurdle', difficulty or crisis, it can sometimes feel that another is waiting just around the corner to take its place! Have you ever wondered how some people seem to deal with their caring role more easily than others?

Have you ever wondered what control you can exercise over how you feel, or what you can do to help you accept or cope more effectively with your caring role? Do you wonder how you can become more flexible in your outlook and in your actions in order to improve your health, well being and quality of life?

This session explores why we generally find it difficult to be happy and satisfied and looks at the things that get in the way of having the life you want, offering alternative ways to manage. You will also learn about simple psychological strategies that positively affect the brain, and start to look at ways of combating negative or critical thinking.

Looking after ME – taking time for ME!

Our lifestyle, the environment and our minds all affect the lives we lead. Learning how to look after ourselves with kindness and compassion can lead to a happier state of being.

This session looks at the simple changes you can make to become less judgemental about - and kinder to - yourself and possibly others!

Getting a Good Night's Rest

Thursday 17 March 2016
10am–3pm (Lunch provided)

Accepting the things that you cannot change

Wednesday 23 March 2016
10am–3pm (Lunch provided)

Looking after ME – taking time for ME!

Thursday 31 March 2016
10am–3pm (Lunch provided)

All sessions will be held at
the Quaker Meeting House, North Drive, Heswall, Wirral, CH60 0BD

Handouts, including a summary of the day and a CD will accompany each workshop.

Each workshop takes a different emphasis but all adopt similar approaches to managing difficulties and promoting beneficial changes for your life, which can also benefit the other people in your life.

The psychological approaches explored in the workshops aim to improve well being and quality of life and are underpinned by research evidence of demonstrable effectiveness and benefit for individuals.

You are welcome to attend one, two or all three of the sessions (subject to places being available)!

All sessions will be delivered by **Pauline Johnson**, a Clinical Psychologist with many years of experience working in Wirral and **Rita Bennett**, an Accredited Life Coach who specialises in Mindfulness.

**Places are strictly limited, so please book
yours now!**



Care Well, Cope Well - Live Well!



All sessions will take place at the Quaker Meeting House, Heswall, Wirral and full details will be sent to you when your place is confirmed.

Booking is essential as places are limited.

Lunch and light refreshments will be provided.

Booking Form

Name:

Address:

Postcode:

Tel No:

E-mail:

Special dietary, access or other support requirements:

I would like to book a place for the following event(s) - please tick:

Getting a Good Night's Rest
Thursday 17 March 2016 10am–3pm

Accepting the things that you cannot change
Wednesday 23 March 2016 10am–3pm

Looking after ME – taking time for ME!
Thursday 31 March 2016 10am–3pm

Please return completed form to:

Paul Etherington,
Carers' Services Manager,
The Stein Centre,
St Catherine's Hospital,
Church Road, Birkenhead,
Wirral CH42 0LQ.

Transport can be arranged if necessary – please ring 0151 488 8159