Handling Sleeping Disturbance with Relaxation Exercise

Programme Content:

In this workshop, students will understand the common causes of Sleeping Disturbance and how it affects his/her Mental Health & daily life. Participants will learn different ways to handle sleeping disturbance and apply the relaxation exercise to improving sleeping and emotion.

Topics include:

- Introduce common causes of Sleeping Disturbance
- Ways to handle sleeping disturbance
- Learn and Practise relaxation exercise

Date: 21 Mar 2014 (Fri)
Time: 16:30 to 18:30
Venue: Y503
Medium of Instruction: English

Date: 19 Mar 2014 (Wed)
Time: 16:30 to 18:30
Venue: Y503
Medium of Instruction: Cantonese

Target: Students of all years
Size preferred: 35
Duration: 2 hours

* This program will be counted as Co-curricular Activities (CCA)