



WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

Welcome to Wellbeing Wednesdays! Each week, we'll bring you tips, inspiration, and resources to help you feel your best—mind and body. At Sports Connect, we believe that thriving together starts with wellbeing. Let's make this year our best yet by prioritizing self-care and supporting each other every step of the way.



This weeks topic Sleep

Sleep is the foundation of good health—both mentally and physically. It boosts mood, sharpens focus, supports recovery, and helps us perform at our best. This week, we're diving into why quality sleep matters and how you can improve your sleep habits to feel more refreshed, recharged, and ready to take on the day. Let's prioritise rest and recovery!



Upcoming Events

Family Foraging Adventure - Discover the wild. Friday, 18th April 2025. Herne Bay Community Gardens. 2:00 PM – 4:00 PM

Art Shows in the Westgate Gardens, Canterbury. 19th April 2025. Members of the Canterbury Society of Art will display numerous original artworks

Forest bathing in the bluebells, 26th April, Staffhurst Wood TN86QR. Places are £35 per person for a 3-hour workshop.



Tips to help

1. Stick to a Routine – Going to bed and waking up at the same time every day helps regulate your body clock and improves sleep quality.

2. Limit Screen Time Before Bed – Blue light from phones, tablets, and TVs can disrupt melatonin production. Try switching off devices at least 30 minutes before sleeping.

3. Create a Sleep-Friendly Environment – Keep your bedroom cool, dark, and quiet. Use blackout curtains, earplugs, or white noise if needed.

4. Avoid Stimulants Late in the Day – Cut back on caffeine, energy drinks, and heavy meals in the evening to help your body wind down naturally.

5. Develop a Wind-Down Routine – Relax with gentle stretches, meditation, reading, or breathing exercises to signal to your body that it's time to rest.

Tips for better sleep

Go to bed and wake up at the same time everyday

Relax before bed and avoid electronic devices

Write a to-do list before bed to clear your mind

Don't force sleep. try getting up and coming back to bed later

Create the right environment for your sleep such as dark and cool

Improve your sleep through fitness and healthy eating

SPORTS CONNECT

in partnership with

