



Teenage Brains and Sleep:

Without sleep
everything is too
hard

Do you know a teenager who hasn't had problems going to sleep or staying asleep at some time or other? Yet we often forget to ask teenagers about their sleeping. We can get side tracked into the symptoms of little sleep...anxiety, school refusal, depression, withdrawal, not completing work on time, melt downs, angry outbursts and agitation.

Understand more about adolescent sleep and why it is often an underlying problem:

- The connection between sleep and well being
- Why sleep is important to the developing brain
- How much sleep is enough
- What is likely to be interfering with sleep
- The adolescent body clock
- How to reset your body clock
- Why chasing sleep just makes it more illusive
- It's not the time to think!

This presentation will help students understand why they need sleep and how to get it and help adults support them.

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for young people (particularly students in years 10, 11 & 12) and anyone working with young people.

To REGISTER interest email: counselling@fgriffith.id.au or phone 0414 985 934