



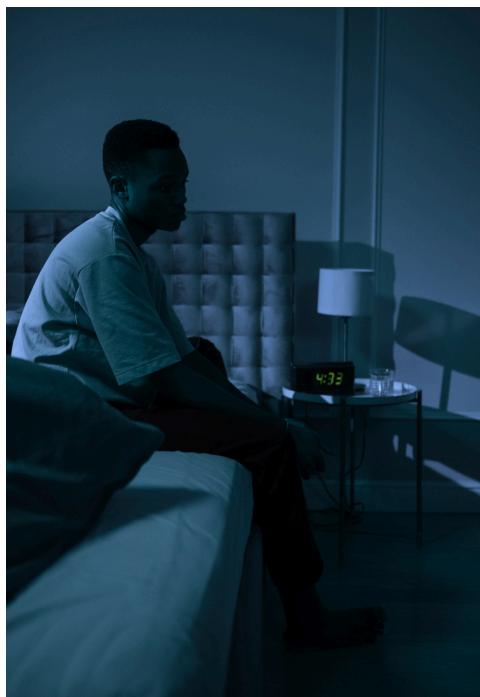
## Sleep, Stress, and Slowing Down for the Season

### A Note from Michelle

As we come to the end of another busy year, many of us find ourselves feeling stretched between work, home, and festive preparations. When life feels full, rest is often the first thing to slip — yet it's one of the most important foundations for our mental and emotional wellbeing.

This month, we're focusing on something we all need, but don't always prioritise: sleep. How it affects our mood, our stress levels, and our resilience — and what we can do to gently improve it.

### Sleep, Stress, & the Mind: Finding Calm this Winter



Sleep and mental health are closely connected. When one is affected, the other often follows. Many people notice that their sleep becomes lighter, broken, or more restless during stressful periods, and this time of year can make that even more noticeable. End of year demands, financial pressures, emotional load, and a full diary of festive preparations can all make it harder to unwind.

Good sleep helps us process emotions, supports our immune system, improves focus, and strengthens our ability to cope with daily stresses. When sleep is disrupted, everything can feel heavier. Anxiety rises, irritability increases, and our sense of resilience can quickly drop.

Worry, overthinking, and a racing mind can all keep us awake long after we want to be asleep. It is a very human response to stress, and you are certainly not alone if you have noticed this happening more often during the winter months.

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If sleep has been difficult for a while, therapies such as CBT, EMDR, and CBT for Insomnia (CBT I) can offer practical tools to help reset unhelpful patterns and rebuild a healthier sleep routine.

Our team is here to support you through the winter months and beyond so please reach out to us if you are looking for support on ways to improve your sleep and/ or mental health and wellbeing.

Please reach out to Michelle on [info@feelwelltherapy.co.uk](mailto:info@feelwelltherapy.co.uk) for more information/support

## Insomnia Workshops COMING 2026!



We are also delighted to share that early in 2026, Feel Well Therapy will be offering small group CBT for Insomnia workshops. These sessions will focus on practical, evidence based techniques for improving sleep, breaking the cycle of insomnia, and helping you feel more rested.

To make the workshops accessible, you will be able to choose between:

- In person sessions in South Norfolk or
- Online group sessions for those who prefer a flexible or remote option



Pop your name on our interest form by scanning the QR code and we will get in touch with details & dates in the near future.

## Thank You for Reading

As we approach the end of the year, I want to take a moment to send my warmest wishes to every person connected to Feel Well Therapy — our clients, affiliate therapists, members, newsletter subscribers, colleagues, associates, and the wider community who support us in so many ways.

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See you in the new year!  
*Michelle*

## Just breathe your way out of a panic attack- what nonsense!!



I've supported many clients with panic attacks over the years, and it still surprises me how much unhelpful advice is shared online. Breathing exercises and relaxation have their place, but in the middle of a panic attack they are rarely the thing that helps most.

What really supports recovery is understanding what is happening in your body, learning to tolerate the uncomfortable sensations, challenging catastrophic thoughts, and exploring the stressors or conditions that may have triggered the panic in the first place.

CBT is the recommended treatment for panic attacks and panic disorder, and our therapists at Feel Well Therapy are highly experienced in this area. If you'd like support, you can contact us via our website: [www.feelwelltherapy.co.uk](http://www.feelwelltherapy.co.uk)

We're also delighted to be offering panic management workshops in 2026, focusing on practical, evidence-based techniques to help you feel more in control. These will be available both in person in South Norfolk and online.

If you'd like to join the interest list you can register here by scanning the QR code below.



Pop your name on our interest form by scanning the QR code and we will get in touch with details & dates in the near future.