Objectives:
● Support patients to go to bed in a positive frame of mind
● Support patients to get a good night's sleep
● Give patients the opportunity to unload any frustrations at the end of the day
● Provide communal quiet reflective time for patients and staff

Concept:
Getting a good night's sleep is really important but this is often a problem for our patients. The tea and toast evening reflection group is one way to improve sleep hygiene. Staff and patients sit together for about half an hour each evening and patients talk about their day. This allows them to air and get rid of any frustrations before going to bed. Patients already have access to a drink and a snack, it's just making it a little bit more communal.

Pragmatics:
This is a very easy activity to put in place requiring few resources. Just make sure you’ve got the bread or other snack in (it doesn't have to be tea and toast, it could be any drink and a snack). The time of evening (6.30/9.30) can be adapted according to your patient group and what works well for them.

Top Tip:
Consider positives and the potential for a better day tomorrow. Focus on letting go of frustrations not becoming wound up by focusing on what has not gone well today.