

# Sleep and Stress



*Sleep is the best meditation. ~ Dalai Lama*

A good nights sleep is undoubtedly the most cost effective stress management solution we have and yet, it seems like such an elusive goal for many. Sleep is essential for rejuvenating the mind and the body and for recovery from the challenges that come our way. It also gives our brain the opportunity to look at things from a different perspective. Remember the age old saying, "Sleep on it. It will seem different in the morning when you look at it with a fresh pair of eyes".

Even though we all understand its importance, sleep is the first to be affected under stress. Learn evidence based approaches to developing a consistent schedule that ensures you sleep your way to a healthy and productive life.

- ❖ Stress and its impact on body
- ❖ The sleep-stress cycle
- ❖ Getting a good night sleep in the times of stress
- ❖ Natural sleep aids and remedies

Format: Online/ Offline

Participants: Not more than 50

Duration: 1.5/3/6 hours

Requirements: Participants should have

- Videos On
- Audio on Mute

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