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Action KA210-ADU - Small-scale partnerships in adult education

THRIVE 50+



Project title:
**Total Health Resources for
Improving Vitality and Endurance
50+ ("THRIVE50+")**

Project No.: 2023-2-R001-KA210-ADU-000184831

**Set of materials for
the workshop**

**Workshop Title: Sleep and Stress:
Improving Rest for Better Stress
Management**



Facilitator guide

BASIC INFORMATION

Stress and sleep are closely linked. Stress can adversely affect sleep quality and duration, while insufficient sleep can increase stress levels. Both stress and a lack of sleep can lead to lasting physical and mental health problems especially for people aged 50+. Preventing and managing stress can lower your risk for other conditions like heart disease, obesity, high blood pressure, and depression.

TARGET GROUP NEEDS

People over 50 experience a lot of stress and sleep-related difficulties such as insomnia, fragmented sleep or working. These groups of people experience a lot of anxiety and thereby putting them in a very vulnerable state.

DURATION

2 Hours duration has been chosen to ensure that participants have sufficient time to learn and practice Techniques to improve sleep quality and the relationship between sleep and stress without feeling overwhelmed. This length allows for a comprehensive introduction to the topic, practical exercises, and a Q&A session, all while keeping participants engaged.

NUMBER OF PARTICIPANTS

The optimal number of participants is set at 2-15 to allow for personalized attention and interaction. This size fosters a supportive environment where participants feel comfortable sharing their experiences and can receive individualized feedback.

EDUCATIONAL OBJECTIVES

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TECHNICAL AND EQUIPMENT REQUIREMENTS

- Projector for powerpoint presentation.
- Presentation slides
- Notepads and pens

MATERIALS

- Whiteboard or flip chart
- Markers
- Handouts (sleep hygiene checklist, stress-relief techniques)
- Relaxation tools (optional: aromatherapy, soothing music)
- Projector for slides

METHODS AND TECHNIQUES

- Creating a Relaxing Environment
- Use Interactive Learning Techniques
- Visual Aids and Demonstrations
- Practical and Hand-On Application.
- Incorporate self-reflection and goal setting
- Q&A and Participant Engagement.

Curriculum

1. Welcome and Introduction (15 minutes)

📌 **Facilitator's Introduction:** Briefly introduce yourself and your expertise in sleep health and stress management.

Slide 1: Workshop title slide

Slide 2: Workshop Overview: Explain the goals of the session—understanding the link between sleep and stress, and learning how to improve sleep quality.

Icebreaker: Ask participants to briefly share how they feel after a bad night's sleep and how stress might contribute to sleep issues.

2. Activity: Relationship Between Sleep and Stress (20 minutes)

📌 **Slide 3: The Stress-Sleep Cycle:** Explain how stress triggers physiological responses (e.g., elevated cortisol levels, racing thoughts) that make falling asleep difficult, and how poor sleep can increase stress levels, creating a vicious cycle.

- **Slide 4: Key Points to Highlight:**
 - Stress can lead to insomnia, early waking, or fragmented sleep.



- Chronic sleep deprivation worsens stress, anxiety, and irritability, making it harder to cope with daily challenges.
- Poor sleep weakens immune function, cognitive performance, and emotional resilience, all of which can lead to increased stress.
- **Interactive Discussion:** Invite participants to reflect on how stress affects their sleep. Ask them to describe any patterns they've noticed between stressful days and poor sleep.

3. Activity.Slide 5: Techniques for Improving Sleep Quality (35 minutes)

- **Sleep Hygiene:**
 - **Regular Sleep Schedule:** Stress the importance of going to bed and waking up at the same time every day.
 - **Optimizing the Sleep Environment:** Encourage a dark, quiet, and cool bedroom. Discuss minimizing disruptions like screen time and noise.
 - **Relaxing Pre-Sleep Routine:** Suggest activities like reading, taking a warm bath, or practicing light stretching before bed.
- **Stress-Reduction Techniques:**
 - **Mindful Breathing:** Teach a simple breathing exercise (e.g., 4-7-8 technique) to help calm the mind before sleep.
 - **Progressive Muscle Relaxation:** Lead participants through a guided relaxation, tensing, and releasing muscles from head to toe.
 - **Aromatherapy:** Suggest calming scents like lavender or chamomile to create a soothing bedtime atmosphere.
- **Nutrition and Sleep:** Discuss how certain foods and drinks (e.g., herbal teas, magnesium-rich foods) can promote sleep, while others (caffeine, alcohol) should be avoided close to bedtime.
- **Interactive Activity:** Break participants into small groups and ask them to develop a 5-10 minute bedtime routine using some of the techniques learned. Have them share their routine with the group.

Short Break 10 minutes

4. Activity Slide 6: Creating a Personal Sleep Improvement Plan (20 minutes)

- **Goal Setting:** Provide participants with a template to create their own sleep improvement plan, focusing on one or two techniques they will try in the upcoming week.
 - **Action Plan:** Encourage participants to set specific, achievable goals such as establishing a consistent sleep routine, trying a relaxation technique, or adjusting their sleep environment.
 - **Sharing:** Invite a few participants to share their sleep goals with the group for support and encouragement.
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Activity 5 Slide 7: Q&A and Conclusion (20 minutes)

- **Q&A:** Allow participants to ask any final questions about sleep and stress management.
- **Closing Remarks:** Summarize the key points of the workshop, emphasizing that small, consistent changes can make a significant impact on sleep and stress reduction.
- **Final Thought:** Encourage participants to be patient with themselves as they experiment with different techniques and gradually improve their sleep.

Handouts:

- **Sleep Hygiene Checklist:** A list of practical tips for maintaining healthy sleep habits.
- **Breathing and Relaxation Techniques:** Simple, easy-to-follow instructions for mindful breathing and progressive muscle relaxation.
- **Personal Sleep Plan Template:** A template for participants to create a personalized action plan for improving sleep quality.