

Enroll
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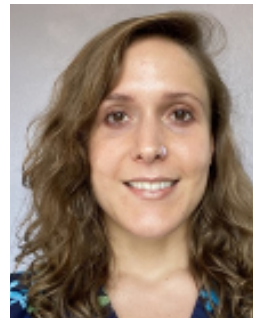
Pathways to Wellbeing: Sleep, Recovery, and Burnout Prevention

Understanding the science of rest is crucial for maintaining performance and preventing burnout. This session delves into how quality sleep and effective recovery strategies enhance decision-making and resilience. Participants will explore practical, science-backed methods to improve sleep and energy levels.

Objectives:

1. Understand the impact of rest on performance, decision-making, and resilience.
2. Identify workplace recovery strategies.
3. Implement realistic, science-backed methods to enhance sleep quality and energy levels.

- **Date/Time:**
3/19/25 - 10:00 am
- **Location: Zoom**



Lydia Czech, **Wellness Director**

Lydia Czech is the Director of the Montana Public Health Training Center's Worksite Wellness Program. She holds a bachelor's in Health and Human Performance from the

University of Montana, with a focus in Community Health, along with certifications in Health Behavior Coaching, Worksite Wellness (National Wellness Institute), and Sound Therapy (Level 3, Himalayan Singing Bowls). As an Accredited Meditation Practitioner, Lydia brings a passion for guiding health professionals in mindful wellness practices that support long-term health and resilience.

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by

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