



StressOut

MODERN TOOLS FOR WORK-RELATED
STRESS MANAGEMENT

**AUGUST 2023
NEWSLETTER №1**

WHAT IS THIS PROJECT ABOUT?

StressOut is a 30-months Erasmus+ project that **aims to provide tools for stress prevention and stress management on both a personal and business level**. The project facilitates the creation of an innovative training course with experiential training activities to enable both employers and employees to combat work-related stress and burnout, as well as working techniques on how to prevent them **via an easily accessible and modern tools**. The project consists of different activities which are designed in a way to produce the following results:

- ▶▶ **Comprehensive Policy Recommendations Report**, offering policy guidance to address work-related stress on an EU level.
- ▶▶ Structured **training program** addressing stress prevention and management techniques.
- ▶▶ **Self-assessment tool** to evaluate stress levels and suggest coping strategies.
- ▶▶ **First Aid Kit** to help learn how to behave and act in extreme stress situations.
- ▶▶ **Mobile application** uniting all StressOut resources in a single user-friendly place, including videos, podcasts, exercises, etc.
- ▶▶ **Stress Awareness Days** campaign dedicated on the importance of mental health and prevention of work-related stress.



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THE FIRST TRANSNATIONAL PROJECT MEETING

In the beginning of the new 2023, on the 9th and 10th of January, **the Consortium of the StressOut project met in Sofia, Bulgaria for its first transnational meeting**. Over those 2 days, the partners had the opportunity to get to know each other better and make plans for the successful implementation of the project. During the first day of the meeting, the main discussion was specifically focused on the launch of the first project activity i.e. **the EU-wide research on workplace stress management and prevention**, later to become part of the Policy Recommendations Report aiming to offer policy guidance to address work-related stress not only on national, but on an European level as well.



The Consortium also dedicated some time to share their views on the development of the remaining project results – **the StressOut training course and mobile application, the Stress Assessment tool, as well as the First Aid Kit**. The project meeting was concluded with a **Neurographica workshop** led by Mrs. Gergana Deenichina from E-Academy, who demonstrated how one can use this technique to overcome stress and anxiety at first hand.

THE STRESSOUT RESEARCH

At the beginning of the project, the **EU-wide research on work-related stress prevention and management** was launched. As part of this activity, the partnership designed and distributed a questionnaire aiming to **shed more light on the cause-effect issues connected to work-related stress and burnout**. In addition, focus groups focusing on the bigger picture were organized in all partners' countries, which engaged the project stakeholders more directly, and helped address any existing national needs. As a result of these activities, **over 150 survey answers were received** and a total number of **14 focus groups** were organized, involving more than 96 participants.

The results gathered during this phase will help the partnership to **elaborate a set of policy recommendations**, aiming to address national policy gaps in terms of working conditions, work-life balance and stress prevention and management, as well as to create a training course to enable individuals and organizations to cope with work-related stress and burnout.



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THE STRESSOUT CONSORTIUM



The **partnership** of the StressOut project is organized in a way that covers the necessary competencies for effective and successful implementation of the project, and therefore consists of **6 organizations from 5 different European countries** – Bulgaria, Spain, Croatia, Cyprus and the Netherlands.

THE STRESSOUT SURVEY

The **StressOut survey remains open** until the end of the project and aims to define the causes of the work-related stress and how it affects one's well-being in order to provide tools for stress prevention and stress management on both personal and business level. Please, **help us achieve our common goal** by answering the questionnaire. It will take you no more than 10 minutes and your contribution will be strongly appreciated.

TAKE SURVEY



CONTACT US



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