



# StressOut

The StressOut project aims to provide tools for stress prevention and stress management on both a personal and business level. The project will produce 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 easily accessible modern tools.



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## Contact



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# StressOut

MODERN TOOLS FOR WORK-RELATED  
STRESS MANAGEMENT

# Consortium Partners

The project involves 6 partners from 5 European countries, organized in a way that covers the necessary competencies for effective and successful implementation of the project.







# Expected Impact

The StressOut project aims to enable individuals to learn how to recognize, manage and prevent work-related stress and burnout, through an innovative digital training course and tools. The expected impact of the project is to raise awareness about the importance of mental health and contribute to the creation of safer and healthier workplaces by providing innovative instruments for work-related stress management and prevention.

Would you like to get involved with the project? Let's get in touch!

## Contact Us

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# Expected Results

## → Policy Recommendations

A comprehensive report offering policy guidance to address work-related stress on an EU level.

## → Training Course

A structured training program addressing stress prevention and management techniques.

## → Stress Assessment Tool

A tool to evaluate stress levels and suggest coping strategies.

## → First Aid Kit

A dedicated resource to help learn how to act in more extreme severe stress situations.

## → Innovative Mobile App

A cross-platform app uniting all StressOut resources in a single user-friendly place.

## → Stress Awareness Days

Events dedicated on the importance of mental health and prevention of work-related stress aiming to earn a permanent spot on the EU calendar of initiatives.