



# StressOut

MODERN TOOLS FOR WORK-RELATED  
STRESS MANAGEMENT

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STRESS  
FREE  
ZONE

## What is StressOut?

**StressOut** is an Erasmus+ project **aiming to provide tools for stress prevention and stress management on both a personal and business level.** We want to create a comprehensive and innovative training course to enable both employers and employees to combat work-related stress and burnout. Here's what you can expect from the StressOut project:

- A wide scope **Policy Recommendations Report**, offering policy guidance to address work-related stress on an EU level.
- A **training program** addressing stress prevention and management techniques.
- A **Self-assessment tool** to evaluate stress levels and suggest coping strategies.
- A **First Aid Kit** to help learn how to act in extreme situations of stress and burnout.
- A **mobile app** giving you access to all StressOut resources in a single user-friendly place, including videos, podcasts, exercises and other valuable content.
- **Stress Awareness Days** campaign dedicated on the importance of mental health and prevention of work-related stress.



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# "You Are What You Eat" - How Your Diet Can Affect Your Mental Health And Work-Related Stress?



What we consume plays **a crucial role** in our mental and emotional well-being, influencing our ability to cope with the demands of work and daily life. When we rely heavily on processed foods, we not only **deprive our bodies of essential nutrients** but also expose ourselves to substances that can negatively impact our brain function and overall mental health.

The imbalance created by consuming processed foods—laden with unhealthy fats, sugars, and additives—can **disrupt the delicate balance of neurotransmitters in the brain**. This imbalance can lead to mood swings, irritability, and decreased cognitive function, all of which can contribute to heightened levels of stress and burnout in the workplace. Hence, **there's an inseparable link between what we eat and how we feel**. So what are some ways to maintain a positive relationship between those two? Head over to our blog to discover some simple everyday tasks you can do in this matter.

[Read the article](#)



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# The StressOut Policy Recommendations Report is Out!

We are on an ambitious mission to change the awareness of on work-related stress and burnout and the way they affect all of us. Hence, about a year ago we've launched the StressOut **EU-wide research on work-related stress prevention and management**. 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 Bulgaria, Croatia, Cyprus, the Netherlands and Spain, 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.

A year later, the first edition of our **Policy recommendations report is now published**. The report reveals important aspects of work related stress and provides fresh data about the awareness of the issue amongst employees from various sectors. For example:



reported sleeping difficulties



didn't receive or were not aware of any support



work overtime not as an exception



of organizations have no Corporate wellness plan

Access the report to find out more interesting data from the research. You will also learn about what are some steps that can be taken to improve EU and national legislations on work-related stress management.

[Download the Report](#)



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# The StressOut Training Course



For the past year now, we've been working on creating a comprehensive, relevant and **easy to understand training contents** to enable every employee and individual out there to learn how to manage work-related stress effectively. After extensive research and valuable expert and stakeholder consultation, we are proud to present you the StressOut Training Course consisting of **5 main units** and **28 topics**:

- 1 Let's Talk about Stress:** A Theoretical Introduction to Stress and Burnout
- 2 Prevention is the Best Intervention:** Preventing Work-related Stress and Burnout
- 3 To Whom Should I Reach out:** Finding Help in Managing Work-related Stress and Burnout
- 4 Take a Breath:** Techniques and Methods for Stress Relief and Relaxation
- 5 Be the Best Version of Yourself:** Key Protective Factors for Taking Care of Your Wellbeing

The partnership is now working on finalising and translating the training contents into **5 languages**: Bulgarian, Croatian, Dutch, Greek and Spanish. Stay tuned to be among the first ones to try it out.



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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.



## Join the StressOut initiative!

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 the Survey](#)

## CONTACT US



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