



# StressOut

MODERN TOOLS FOR WORK-RELATED  
STRESS MANAGEMENT

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NEWSLETTER №3



## What is StressOut?

**StressOut** is an Erasmus+ project **aiming to provide tools for stress prevention and stress management on a both 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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# 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 **27 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 training course in English **is now officially completed** and the partnership is working on its translation into **5 languages** - Bulgarian, Croatian, Dutch, Greek and Spanish. We are excited to share with you that you will be able to explore it **in early January 2025**.



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## "Use it, don't lose it!" – Plan your next PTO



**Paid Time Off (PTO)** is a policy provided by employers that **allows employees to take time away from work** while still receiving their regular pay. This time off **can be used for various reasons**, including vacation, personal days or other personal matters.

Despite the clear benefits of PTO, many employees find themselves **not using their allotted days and instead, losing them**. Common reasons for this include work culture and expectations, fear of falling behind, financial concerns, mismanagement of PTO, feelings of guilt and responsibility, and the omnipresence of technology and connectivity.

**By addressing these barriers** and encouraging a healthier approach to taking time off, **companies can help their employees** reap the benefits of PTO, leading to a more satisfied, productive, and engaged workforce. **Check out our blog** to discover the benefits of your PTO!

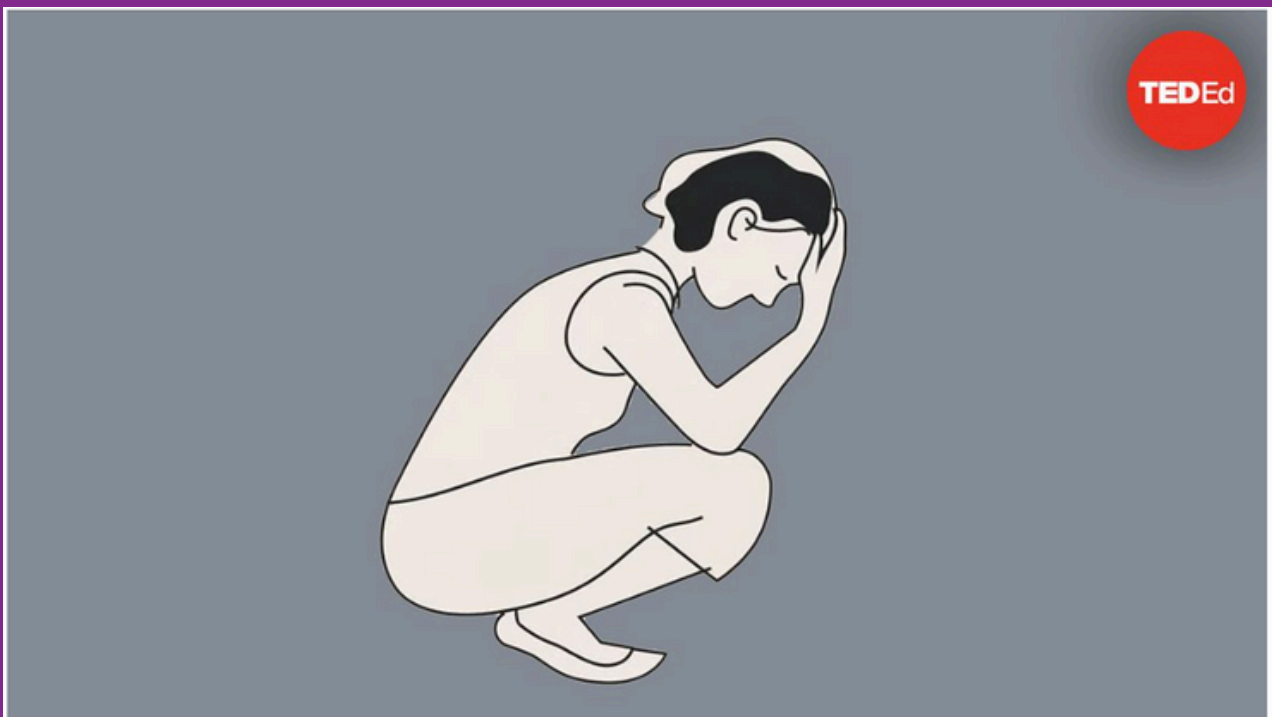
[Read the Full Article](#)



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## How Stress Affects Your Brain?

Stress isn't always **negative** - it can provide a **boost of energy and concentration**, such as during competitive sports or public speaking. However, when stress becomes chronic, **it can start to alter your brain**. In the video, Madhumita Murgia explains **how long-term stress can impact brain size, structure, and function**, even affecting your genes.



***"Stress is not what happens to us. It's our response to what happens. And response is something we can choose."***

***– Maureen Killoran***



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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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