



StressOut

MODERN TOOLS FOR WORK-RELATED
STRESS MANAGEMENT

DECEMBER 2024
NEWSLETTER №4

What is StressOut?

Situations where **pressure due to work** demands such as **tight deadlines, heavy workload, long hours, job insecurity and other stress factors** pass a certain limit and one's personal ability to cope with these factors, can lead to the experience of what we know as **work-related stress**. It is an unavoidable issue caused by the demands of contemporary work environments.

Work-related stress has been, and still is – **a growing concern** for employees and employers in the EU, especially with the global COVID-19 pandemic, which has become **a driver for significant changes in the working environments** of millions of employers and employees.

StressOut is an Erasmus+ project **aiming to deliver effective tools for stress management and prevention**, specifically in the workplace, helping both employers and employees **tackle work-related stress and burnout** with an innovative and practical approach.



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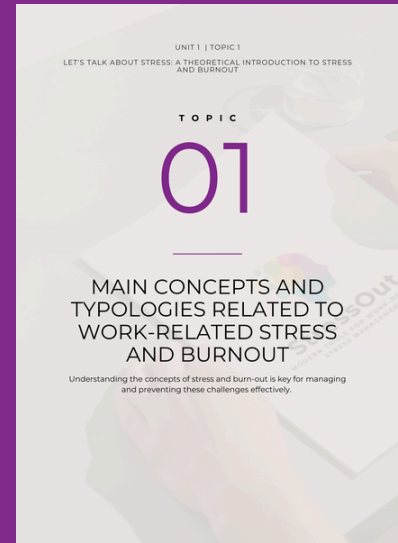
What's Coming Next?

The StressOut Training Course

A comprehensive training program featuring 27 engaging and easy-to-follow topics designed to empower individuals and organizations with effective techniques for preventing and managing work-related stress.

The First Aid Kit

A go-to practical guide for handling high-stress situations and preventing burnout, providing quick and effective solutions when they matter most.



The StressOut Mobile Application

A user-friendly app that brings all project resources together in one place: training content, videos, podcasts, exercises, and more, making stress management accessible, engaging, and available anytime, anywhere.

The Self-Assessment Tool

A valuable resource that evaluates stress levels and offers personalized coping strategies, tailored to the needs of both employees and employers, fostering healthier workplaces.

The Stress Awareness Days: 2025 Edition

An initiative dedicated to raising awareness about mental health, highlighting the importance of stress prevention, and inspiring action for healthier, happier workplaces. Stay tuned for our upcoming events in Bulgaria, Spain, Croatia, Cyprus and the Netherlands!



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The Final Transnational Project Meeting



On December 3, 2024, **the project partners gathered in Nicosia, Cyprus** for the final transnational project meeting of the **StressOut Project**, during which they outlined the final steps before the project's completion in June 2025.

The meeting **provided an excellent opportunity** for the partners to present and exchange feedback on the finalization of all project deliverables: **the Policy Recommendations Report, the StressOut Training Course, the Guidebook for Employers, the First Aid Kit, the Stress Assessment Tool**, and especially **the StressOut Mobile App**, which aims to help employers and employees identify and prevent work-related stress and burnout.

The discussion also focused on **strategies for disseminating the project's outcomes** and ensuring their **long-term sustainability**, highlighting the importance of making the tools accessible on **personal and business level**.



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Surviving the Holiday Chaos: Tips for a Stress-Free Jolly Time



The **holiday season** can be a time of joy, but it **often brings stress** from financial pressures, social obligations, and the pursuit of perfection.

Our article shares **practical tips to manage holiday stress**, including prioritizing meaningful moments, embracing imperfection, budgeting for gifts, and focusing on self-care. It also **encourages mindfulness** about mental health and rethinking New Year's resolutions to set realistic goals. Ultimately, the message is to **let go of unnecessary pressures** and **embrace the true spirit of the holidays** - love, kindness, and togetherness.

Check out our blog to discover all the tips and create a season filled with warmth and lasting memories!

[Read the Full Article](#)



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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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