



StressOut

MODERN TOOLS FOR WORK-RELATED
STRESS MANAGEMENT

SEPTEMBER 2025
NEWSLETTER №6

FINAL CHAPTER



About the StressOut Project

StressOut is an Erasmus+ project dedicated to tackling work-related stress and burnout by **providing employers and employees** with **innovative and practical tools for prevention and management**.

Over the past two and a half years, we **engaged in project activities more than 900 individuals** across Europe - employees, employers, experts, and policymakers - to shape solutions that truly respond to real workplace needs.

The result is a complete set of resources to help people better **understand stress, build resilience, and create healthier workplaces**. And today, we are proud to say that these results are here, complete, and ready for you to explore!

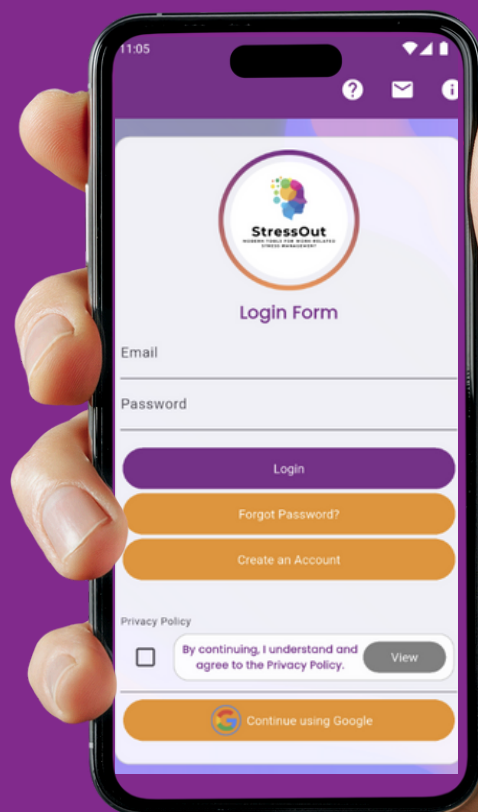


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Our StressOut App is Now Out!

The **StressOut Mobile App** is now live and we couldn't be more excited! Two and a half years of work in compiling the most comprehensive, easy to grasp and **practical training course on stress and burnout management** on a personal and organisational level. And now it is available **completely free, no ads and no limitations** - all within your phone. In our StressOut mobile app you will find everything you need for **practical, everyday stress management**, including:

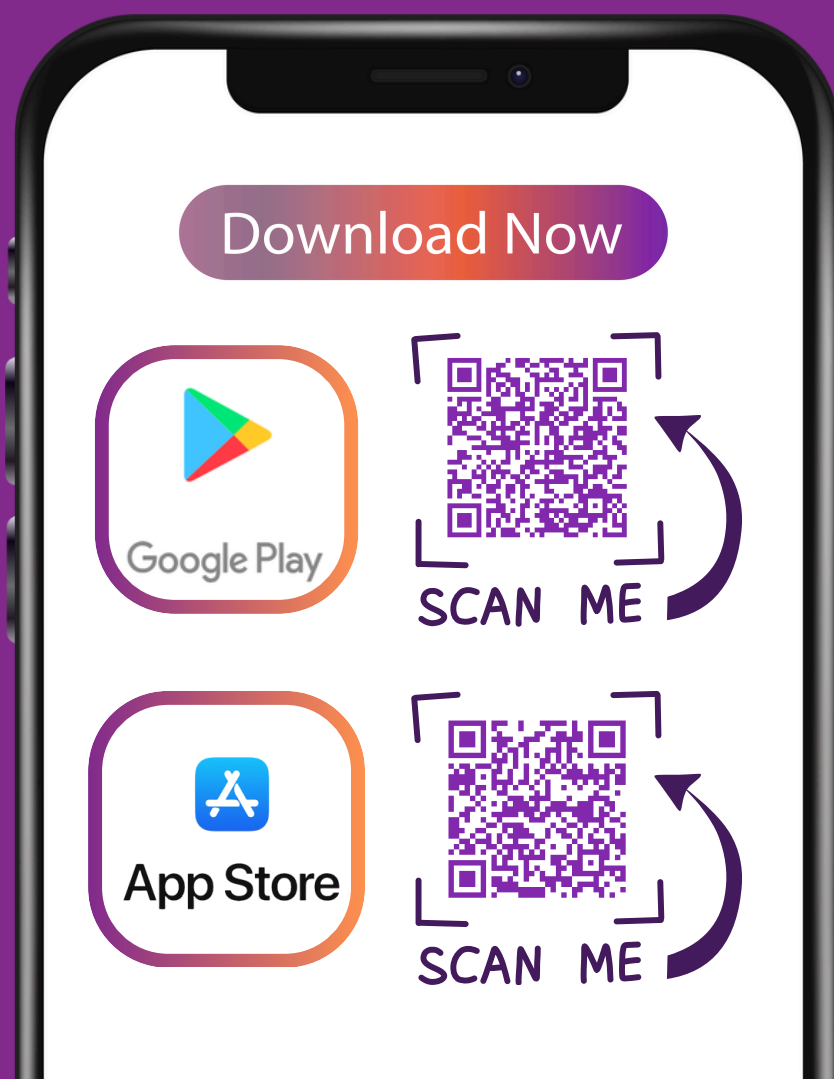
- **5 Training Modules** with more than 140 topics, techniques, and practices for managing stress and burnout in the workplace.
- **Guidebook for Employers** with practical guidelines for managers to create supportive organizational cultures and develop their own Corporate Wellness Plan.
- **First Aid Kit** for stress emergencies, offering clear, practical steps to regain control during extreme stress situations.



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- **Self-Assessment Tool** to measure stress levels and provide tailored learning recommendations based on individual needs.
- **Policy Recommendations Report** providing an up-to-date database of insights on work-life balance realities and coordinated policy actions across the EU.
- **11 Podcasts** with expert guests, shedding light on everyday aspects of stress.
- **Stress Diary** functionality, empowering users to actively track and manage their stress.
- **Resources Library** with additional materials to support continuous learning and wellbeing.

Now available on iOS & Android



The StressOut Partnership

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.



CONTACT US



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