



StressOut

MODERN TOOLS FOR WORK-RELATED
STRESS MANAGEMENT

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NEWSLETTER № 5



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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The StressOut Training Course Is Here – Explore Practical Tools to Prevent and Manage Stress!



We're excited to announce that the **StressOut Training Course is now live** and ready to be explored! Designed to help individuals and organisations better understand, prevent, and manage work-related stress and burnout, this **free training** offers a rich variety of content - from theory to hands-on techniques. Through 5 thematic units, you'll dive into topics like **how stress affects the brain, emotional intelligence, time and communication management**, as well as **mindfulness, relaxation methods, and resilience-building**. Whether you're an employer, educator, or simply someone looking to **take better care of your wellbeing**, this course is your go-to resource for practical tools that support mental health at work and beyond.



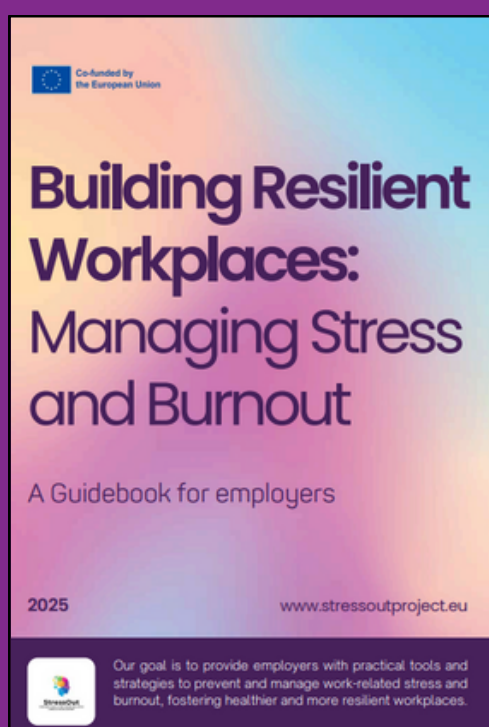
**Access the StressOut
Training Course**



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The StressOut Guidebook for Employers - A Practical Resource for Healthier Workplaces

The **Guidebook for Employers** is a practical resource that provides clear and accessible guidance on **how employers can recognise, prevent, and manage work-related stress and burnout** within their teams. Covering key topics such as organisational culture, leadership, workload planning, employee engagement, and corporate wellness strategies, the guidebook includes **interactive activities and real-life scenarios** to support implementation. Whether you're an HR professional, team leader, or business owner, this guidebook will help you build a workplace where wellbeing is not just encouraged, but embedded in daily practice.



Access the Guidebook for Employers



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"Let's Talk About Stress" Podcast



Discover the **StressOut podcast series** - a journey into the causes, science, and solutions behind work-related stress. Each episode features **expert insights and practical tips to help you understand, prevent, and manage stress** in the workplace. Dedicated to raising awareness and promoting healthier work environments, the series invites specialists to **share strategies and real-life advice**, empowering you to take proactive steps toward better mental well-being.

 [Watch on YouTube](#)

 [Listen on Spotify](#)

The StressOut First Aid Kit



The **StressOut First Aid Kit** is a practical, easy-to-use resource designed to **help individuals manage situations of extreme work-related stress**. It offers a variety of stress relief techniques to stay present and regain calm during challenging moments, along with self-help strategies, and allowing yourself to rest and recharge when needed. The kit **empowers both employees and managers to build resilience** and create healthier, more supportive workplaces.



[Access the StressOut First Aid Kit](#)



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What's Coming Next?

The StressOut partnership is currently **working on the development of a mobile app** that will bring all project resources together in one easy-to-use platform. The app will **offer access to training content, videos, podcasts, exercises**, and other valuable tools, all designed to support stress prevention and management. With its user-friendly interface, the app will make stress relief and wellbeing strategies accessible anytime, anywhere, empowering users to take control of their mental health in a practical and engaging way. **Stay tuned - the app is coming soon!**

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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