



WELCOME TO STRESS-LESS NEWSLETTER #3 - MAY 2022

What is STRESS-LESS about?

STRESS-LESS is a 2-year project funded by the European Commission - Erasmus+ KA2 Programme. It involves 5 partners in 5 different countries: Austria, Bulgaria, Germany, Spain and UK.

The STRESS-LESS project provides digital stress prevention solutions for small (also micro) and medium-sized companies (SME) as well as up-to-date information on how the new digital stress is being dealt with in the partner countries.

What's new on the project?

Training for Company Digital Stress Coaches

Nowadays a work place often asks for more than the "traditional" use of working with one screen, often requiring efficient handling of multiple screens, different technologies or flexible working locations. Many times, companies and teams are not prepared for these new occupational realities and challenges, even though stress factors, digital pressure and challenges could be reduced by applying the appropriate support mechanisms.

The Training Guide for Company Digital Stress Coaches addresses the objective to provide a training to selected persons with personal, technical, methodical and social communicational skills, field competence as well as capacity to act for coaching situations and support solution finding in the area of digital stress in their companies. In this sense they may also be considered as bridge or intermediary in between involved parties at the workplace or as a supporter to bring common interests together to one goal.

They shall be enabled to support individuals or groups - either employees or team-leaders and employers - by providing them support in the solution finding on digital stress reduction. In this sense this training shall provide companies the opportunity to train internal experts to act as points of contact for employees and managers regarding digital stress and to help them cope better with digital stress. Digital stress plays an increasing role in everyday life, especially in the work place as technologies are constantly and very quickly evolving, people have different knowledge and different needs, also different confidence in their abilities to understand and benefit from the technology products and service. For the introduction of digital tools and personal wellbeing of staff working with them people will need more assistance to cope with future requirements.

OBJECTIVES OF THE MATERIALS IN THIS GUIDE



How to introduce successfully new tools and reduce demotivation and stress.



How to evaluate the digital stress level in order to assess the problematic areas and recommend adequate measures within the organisation.



The trainers/coaches will be enabled to provide specific training and help that can bring change as needed.

What's next?

Partners are going to pilot these trainings in their country. If you are located in Austria, Bulgaria, Germany or Spain, please find us [here](#).

What's ready so far?

In case you've missed some of the project outputs that we've delivered so far, you can find them here:

[Blended Learning Solution for Prevention and Coping with Digital Stress via Mobile App](#)

[Blended Learning Solution for Prevention and Coping with Digital Stress - Web-based](#)

[Key learnings of the STRESS-LESS survey](#)

[Presentation of survey results in PowerPoint \(English only\)](#)

[IO1 WP5 National Reports and Surveys - Project report](#)

Partnership



BF/M / Germany - coordinator
www.bfm-bayreuth.de



Hafelekar / Austria
www.hafelekar.at



Happiness Academy / Bulgaria
www.happinessacademy.eu



Consultoria de Inovacion Social / Spain
www.cis-es.org



Horizon Software Solutions / UK
www.horizont.co.uk

Keep in touch with our upcoming activities by visiting the project website

www.stress-less-project.eu



Follow us on LinkedIn:

<https://www.linkedin.com/showcase/stress-less-project>



Or contact the local project partner at:

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