



WELCOME TO STRESS-LESS NEWSLETTER #2 - FEBRUARY 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?

Blended Learning Solution for Prevention and Coping with Digital Stress

The main target customers of the blended learning programme are SME representatives and staff. The programme's main goal is to deliver self-learning activities and materials for prevention and management of digital stress. The content is organized in 8 modules as follows:

MODULE 1: Digital Self-Awareness. Main topics: what self-awareness and self-reflection are, what the main steps of the self-reflection cycle are and how to discover which are our core values, effective methods for self-reflection.

MODULE 2: Agency and Trust. Main topics: what is agency and how to build it; two effective techniques for emotion regulation; what is the importance of trust at work and how GDPR Law protects our data privacy.

MODULE 3: Single-Task Strategy. Main topics: what is single tasking; how it contrasts with the multitasking; a set of techniques for focusing, planning and implementing single-tasking in daily work.

MODULE 4: Business Communication in Digital Environments. Main topics: what are the differences in the etiquette of face-to-face and online communication, how to convey an online message in a proper manner and how to evaluate the online collaboration tools we use at work.

MODULE 5: Digital Transformation for Leaders. Main topics: how to transform our leadership actions in digital environments while we take care about: Basic Needs, Autonomy, Mastery, Belonging and Abundance Culture of our team members.

MODULE 6: Healthy Workstyle in the Digital Workplace. Main topics: which are the 4 most important components of the healthy workstyle and advices how to build them as a habit.

MODULE 7: Home Office Stress Management. Main topics: how to manage the stress level while working in home office; how to approach time management topic; how to set in between work life and home life and how not to neglect our rest and connection to other people.

MODULE 8: Work-life Balance in the Digital Era. Main topics: what we can do for ourselves in order to improve our work-life balance; how to use the ancient wisdom of stoic philosophers and some modern techniques to re-discover work-life balance in the digital era and be able to set back the boundaries where they belong.

All the training materials will soon be available for free use and download on the [STRESS-LESS website](#) and on the Happiness Accelerator mobile application in English, German, Spanish and Bulgarian languages.

Training for Company Digital Stress Coaches

This material, in the format of Train the Trainer tutorial, is created to enable business and organizational professionals with personal, technical, methodical and social skills as well as field competence to act as coaches in the area of prevention and management of digital stress in their companies. It is based on results and findings of IO1 Project Report, following STRESS-LESS desktop and online researches.

The training material will be available on the [STRESS-LESS website](#) from April 1st 2022.



What's next?

We are very excited about launching the training materials online, which we will share with you soon! If you want to be the first to know and test it, contact us [here](#) and you will be the first to be notified.

The online modules developed will be evaluated by SMEs in each partner country through online surveys, personal training courses, workshops and expert interviews (based on grounded theory) and all project results will be published in a scientific (STRESS-LESS) report.

What's ready so far?

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

[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:

office@happinessacademy.eu



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.