



WELCOME TO STRESS-LESS NEWSLETTER #4 - PROJECT CLOSURE

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.

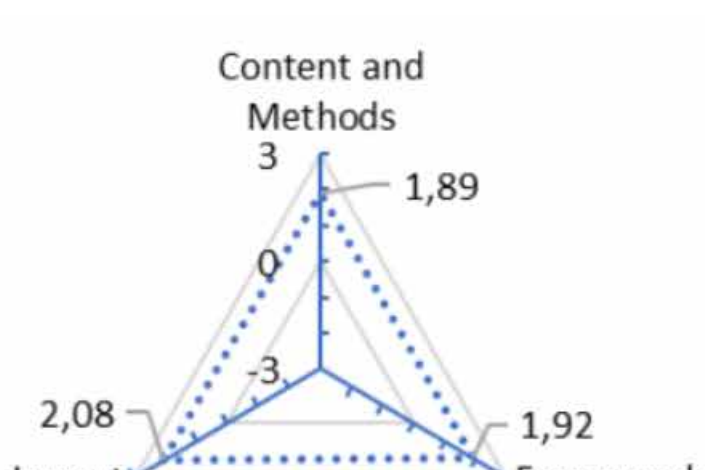
The STRESS-LESS project provides digital stress prevention solutions for small (also micro) and medium-sized companies (SME) as well as up-to-date information on how the new digital stress is being dealt with in the partner countries.

What's new on the project?

Piloting measures to reduce Digital Stress in workplace environments

The STRESS-LESS project, upon conducting a broad survey on needs and digital stress, developed two measures for workers, especially those in SMEs, to learn about the issue, to understand the impact on their work and, most importantly, to learn strategies how to improve their situation. Working with digital technologies has a multitude of impacts, both on the individual but also on the organizational level of a firm. Thus, the project prepared an online training course (if you haven't done so, you can check it out here: <https://platform.stress-less-project.eu/>), as well as a training course for digital stress mentors, designated persons which provide support to individuals in a firm by analysing the structural impact of digitalization processes in the firm ([here](#) you can find the corresponding materials).

Overall, the measures were tested by more than 200 persons - and many expressed the positive impact the trainings had on them. Especially regarding the impact on knowledge transfer, the program is destined to address all persons who have not yet made contact with the topic "Digital Stress prevention". In a dedicated [report](#), as last step in the project, the tools and materials developed in the course of the project have been tested extensively among all partners. From the data collected, recommendations for future work have been developed and the quality of the courses assessed.



Sample data of the STRESS-LESS piloting evaluation. Left: Aggregated results for the dimensions "Contents and Methods", "Impact", and "Framework". Right: Knowledge of participants before and after the measure.

On an aggregated level and building in self-reported data, participants expressed high degrees of satisfaction regarding Contents and Methods, as well as the general framework of the course. Further, a significant impact can be stated from the data. All three dimensions build on several items using a scale from -3 (completely disagree) to 3 (completely agree). Similarly, participants were asked to report their knowledge from None (0) to Very High (4), before and after the measure. More detailed analysis, including decomposed factor analysis and country comparison, are available in our report.

What's next?

In the past six months, participants had the opportunity to go through the materials and provide immediate feedback. With the final evaluation completed, the project team has successfully implemented the final step of the projects work: from the initial data and needs analysis, from development to testing - stakeholders from Bulgaria, Austria, Germany and Spain were engaged through discussions multiplier events, courses and many personal exchanges.

All developed materials will remain accessible on the website free of charge and every interested party is invited to adopt them.

If you are interested in similar projects, please reach out: simon.rath@bfm-bayreuth.de

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 \(English only\)](#)

[I01 WP5 National Reports and Surveys - Project report](#)

[Training for Company - Digital Stress Coaches](#)

The contents of the units from the online training:

[STRESS-LESS MODULE 1: DIGITAL SELF-AWARENESS](#)

[STRESS-LESS MODULE 2: AGENCY AND TRUST](#)

[STRESS-LESS MODULE 3: SINGLE-TASK STRATEGY](#)

[STRESS-LESS MODULE 4: BUSINESS COMMUNICATION IN DIGITAL ENVIRONMENTS](#)

[STRESS-LESS MODULE 5: DIGITAL TRANSFORMATION FOR LEADERS](#)

[STRESS-LESS MODULE 6: HEALTHY WORKSTYLE IN THE DIGITAL WORKPLACE](#)

[STRESS-LESS MODULE 7: HOME OFFICE STRESS MANAGEMENT](#)

[STRESS-LESS MODULE 8: WORK-LIFE BALANCE IN THE DIGITAL ERA](#)

Partnership



BFM / Germany - coordinator
www.bfm-bayreuth.de



Hafelekar / Austria
www.hafelekar.at



Happiness Academy / Bulgaria
www.happinessacademy.eu



Consultoria de Innovacion 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



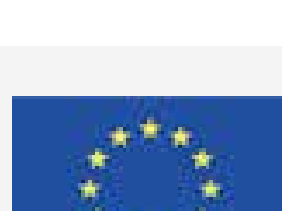
Follow us on LinkedIn:

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



Or contact the local project partner at:

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