



StressOut

MODERN TOOLS FOR WORK-RELATED
STRESS MANAGEMENT

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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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