

## Cardio Stress Test

### SPECIFIC TARGETS:

Record and assess individual stress levels by identifying heart rate variability (HRV), awareness and promotion of stress competency.

### CONTENTS:

- ECG based measurement of cardiac activity when seated
- Measurement of heart rate variability and calculation of a stress index (current stress level)
- Introduction of and training in fast and effective stress regulation methods

### SPECIFIC REQUIREMENTS:

Measurement is made on the skin at the wrist and ankle (tights unfavourable)

### TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

### ORGANISATION:

Space requirement:  $\geq 6 \text{ m}^2$ , power socket: 230 V  
Please provide 1 table and 2 chairs  
Special note: quiet room recommended

### PREVENTION PRINCIPLE:

Promotion of individual stress management competencies in the workplace.



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### BACKGROUND:

Negative stress is a very common **risk factor** in the modern working world, which can lead to health related problems and illnesses in the long term. This is evidenced on the one hand by the rapid **increase in mental illnesses**, and on the other hand by increased incidence of cardiovascular illnesses such as high blood pressure. By identifying the symptoms of stress earlier, countermeasures to deal with stress will be more effective and health risks will be more significantly reduced.

### PROCESS:

To calculate the current **stress level** cardiac activity at rest is measured with a high resolution ECG device for a duration of 2 minutes while the subject is seated.

### RESULTS:

Based on what is referred to as the **heart rate variability** (chronology of the individual heart beats) a **stress index** is defined, which provides information on possible changes in cardiac activity compared with the normal state and reveals stress symptoms. The result of a test conducted as part of a screening provides the starting point for **individual coaching**. The focus here is on increasing awareness and promotion of individual competencies for **stress management**. The participants receive simple tips to be easily implemented and learn fast and effective **exercises for stress regulation**, which can also be performed specifically in the workplace.

