IPN Stress Scale®

PREVENTION PRINCIPLE: Development of individual skills for coping with stress at work

SPECIFIC TARGETS:

Identifying and evaluating stress triggers and personal resources. Individual consultation on stress management and strengthening of resources.

CONTENTS:

- Selection of typical stressors and resources and their importance
- Visual balance of the current situation = stress scale
- Interpretation and online advice, strategies and resolutions
- Simulation - what if...? Visualization of the intentions
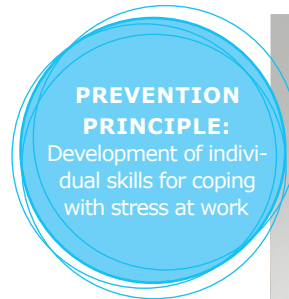- Sending the results incl. checklist by e-mail

TIME REQUIRED:

20 minutes per person corresponding to 3 participants per hour

TECHNICAL REQUIREMENTS:

Space required: ≥ 6 m², Power socket: 230 V
Special note: barrier-free access required
Dimensions: : 130 x 75 x 100 cm (altitude, wide, length), weight 60 kg
different touchscreen sizes available

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BACKGROUND:

MWith the stress scale, the stress triggering factors are categorized as stressors (e.g. working under time pressure), the individual possibilities and abilities to cope with stress are categorized as resources (e.g. relaxation techniques). However, stress does not arise directly as a result of the stressors, but primarily through their „inner evaluation", which in turn is based on an already experienced or expected effect of the stressors.

PROCESS:

The participant selects typical stressors and resources (symbolised by icons) on the PC/notebook and „puts" them on the stress scale. In addition, he measures the „weight" (relevance) of the icons by adjusting their size accordingly. The health coach provides support here if required.

RESULTS:

The results are visually displayed using a „Stress Scale". The result shows the actual state as a basis, with the aim of deriving individual measures and strategies for stress management in the consultation together with the health coach. The intentions and the corresponding effects on the stress scale are visualised with the help of a simulation (what if ...?). With this interactive procedure the resolutions should be „anchored", which in turn supports the immediate implementation.