

## Stress Type Determination

### SPECIFIC TARGETS:

Detecting stress triggers and typical responses, learning type-specific strategies and measures for targeted stress regulation

### CONTENTS:

- Software-supported short questionnaire
- Stress type determination
- Type-specific recommendations
- Brief individual consultation
- QR-Code: Results and relaxation exercises digitally available

### TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

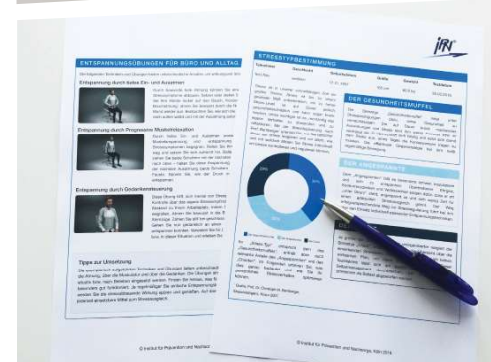
### ORGANISATION:

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:**  
Support of stress management and resource empowerment



## Stress Type Determination

### BACKGROUND:

Every person has an individual way of reacting to stressors. However, typical behaviours and reaction patterns can be identified and assigned to specific „stress types“. This helps to raise awareness of one's own behaviour, to reflect on how one deals with stressful situations and, if required, to take appropriate, individual and accordingly effective [approaches and measures](#).

### PROCESS:

With the help of a computer-based (and of course, anonymous) [short survey](#), the responses are evaluated according to a stress type model. The answers are then – depending on their specific characteristics – allocated to a stress type or possibly even several stress types (mixed types). Overall, the goal is to recognize stress, to understand it and to better control it.

### RESULTS:

Participants are given a [printout of the stress type determination](#) with a written and graphic evaluation. Based on that, [type-specific solutions with practical recommendations](#) are then provided. These are also the basis for the brief personal consultation. Depending on the individual results, this focuses on exercise as a health factor and a means of stress compensation, the implementation of simple relaxation techniques to reduce stress, and measures for mental stabilisation.

