

## Stress Scale-online

### SPECIFIC TARGETS:

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

### CONTENTS:

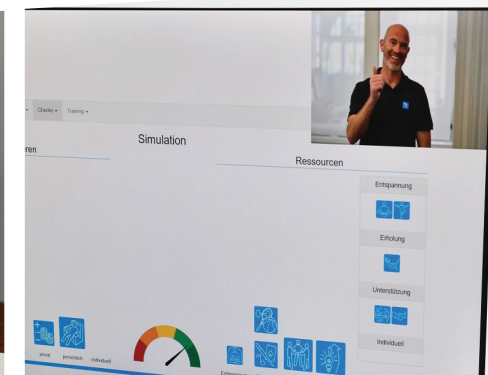
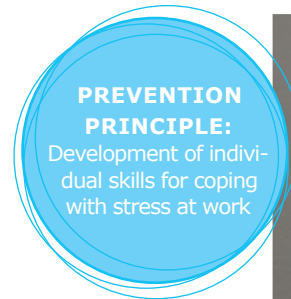
- Selection of typical stressors and resources and their importance
- Visual balance of the current situation = stress scale
- Interpretation and online advice, strategies and resolutions
- Simulation - what if...? Visualization of the intentions
- Sending the results by e-mail

### TIME REQUIRED:

20-30 minutes per person corresponding to 2 participants an hour

### TECHNICAL REQUIREMENTS:

- Home office or personal workplace in the company  
PC/notebook with microphone and if possible webcam; Internet access, Appointment allocation online
- Separate room in the company: PC/notebook with microphone and webcam, Internet access, appointments can be made through the company



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### BACKGROUND:

With 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.

