

IPN Stress Scale®

SPECIFIC TARGETS:

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

CONTENT:

- 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
- Results and recommendations digitally available

HYGIENE PROTECTION CONCEPT:

Minimum distance 1.5 m, mouth-nose protection, hygienic protection screen, skin and surface disinfection, fever measurement (optional)

TIME REQUIRED:

20 minutes per person corresponding to 3 participants an hour

ORGANISATION:

Space required: $\geq 6 \text{ m}^2$, Power socket: 230 V
Please provide: 2 tables and 2 chairs



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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:

Typical stressors and resources (symbolized by icons) appear on the monitor, which can be individually selected and arranged. In addition, he measures the „weight“ (relevance) of the icons by adjusting their size accordingly. **For reasons of hygiene, all entries are made by the trainer;** the participant controls the process on his own monitor.

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.

