

Developing Competencis for Stress Resilience @SMEs



DeSTRESS

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The project aims to provide an innovative VET-based solution to stress resilience problem, especially in small and medium enterprises (SMEs).



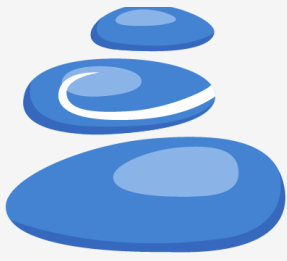
Erasmus+

DESTRESS VET
TRAINING CURIRCULUM

DESTRESS VET
TRAINING PLATFORM

DESTRESS POLICY
REPORT AND
RECOMMENDATION

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Health and safety in the workplace are part of the EU policy on employment and social affairs, under the Rights at Work directives.

The work-related stress is dangerous and expensive as it affects performance, leads to frequent absences and, if prolonged, may result in serious health problems, such as cardiovascular or musculoskeletal diseases.

The common use of digital technology at work cause a additional psychosocial risk factors and health hazards: difficulty to focus, cognitive losses, deficits in social skills, sense of isolation, etc.

The Target Group

- Employees, managers and owners of SMEs
- HR consultants
- Health experts
- Decision makers

The Project Consortium

- Instituto Universitario de Lisboa, Portugal - Leader
- Università Degli Studi di Verona, Italy
- Universidad de Sevilla, Spain
- Creative Thinking Development, Greece
- Ccs Digital Education Limited, Ireland
- Virtual Campus LDA, Portugal
- Foundation Malopolska Izba Samorządowa, Poland

What does DeSTRESS offer?

- **VET Training Curriculum** for coping with the common challenges and problems in the workplace caused by stress with the self-diagnosis assessment tool.
- **The digital VET Training Platform** that provide workers and employers raise awareness to the different health risks caused by digital technologies and work-based stress.
- The support of **the online network of facilitators**.
- A set of series of concrete **recommendations and arguments** for a national and European-wide strategy promoting and extending the use of DeSTRESS in Digital Age.