

## Boo...Stress: Boosting the skills of youth to deal with stress at work

### What is it?

An exciting Erasmus+ project kicked-off in Cyprus in December 2017 aiming to **boost the skills of youth to deal with stress at work**. “BooStress” brings together 3 partners from Cyprus, Ireland and Spain who will work for the project development and implementation for 2 years until October 2019.



### What does it aim?

By the project completion in October 2019, partners will **develop a vocational training package to equip current and prospect young workers with stress management skills**, in the context of health and safety framework, and **build their capacity to**



**address relevant challenges** in their **work environment**.

The BooStress training package will be provided in a **full digital format** based on eLearning pedagogies, work-based online learning, case studies, real market scenarios and collaboration. All modules, tools and other

outputs will be available on the multifunctional and interactive platform and mobile application.

Overall, the Boo-Stress consortium aims to **upgrade and multiply the opportunities for up-skilling and re-skilling young workers in managing work related stress**, via **innovative VET tools and pedagogies**, accompanied by **skills acquisition assessment, recognition and validation methods** and to **empower the youth to co-opt with the contemporary market needs in EU**, where it will also promote **collaboration, communication and networking** among employed and non-employed EU citizens.

### Work-related stress: An issue?

A recent European survey of enterprises on new and emerging risks (ESENER) shows that work-related stress is one of the main concerns of administrative business executives and organizations. In addition, **work-related stress** is often cited as a **major concern** for managers in **health and social welfare**. The **nervousness, irritability and stress influence the working life** of an employee to a different extent depending on the sector. Moreover, as reported by the European Foundation for the Improvement of Living and Working Conditions, **stress due to work** is among the most **commonly reported causes of illness** workers, affecting more than **40 million people** across the EU. The **legislation of the EU** express the **need of the systematic training and support** for the **new and young employees** so they can perform their duties.

*For more information, visit our website on [www.boostress.eu](http://www.boostress.eu) and for regular updates follow us on social media:*



[www.facebook.com/boostress](http://www.facebook.com/boostress)



[www.twitter.com/BooStress](http://www.twitter.com/BooStress)



[www.instagram.com/boostress](http://www.instagram.com/boostress)

