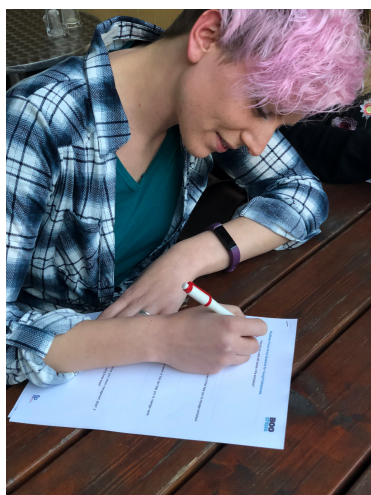


## Boo...Stress: Boosting the skills of youth to deal with stress at work

### What have we achieved so far?

In the first six months of the project, all partners completed an extensive research process with young professionals, employers and stakeholders in Cyprus, Ireland and Spain. To provide a European context to our national research findings, FIPL also completed



research with young professionals and stakeholders from other European nations not presented in the project consortium. The aim of this research was to uncover **current resources and programmes** which help young professionals to manage their stress, to **identify gaps** where the BooStress project could provide additional help and to highlight **coping strategies** and examples of **best practice in stress management** across Europe.

Our collective research findings also supported the development of the first project output – ‘**Development of the Health and Safety Skills – Youth Training Ecosystem and Methodological Framework eBook**’ which presents the findings from our national and European research activities, as well as a general overview of stress management policy and practice in Europe. The eBook is now **available in English** to view and download from our project website. To view the eBook, please visit: <http://boostress.eu/en/>

## So what have we learned about Stress Management in Europe?

From our combined research activities, we can recommend that the BooStress project needs to **address the implementation gap** that currently exists in relation to the training materials and resources available that have been identified in the desk and field research conducted by partners. In addition, we also recommend that BooStress is effective in **raising awareness** in general **about workplace stress and the negative impact** that stress can have on employee's health **among employers** in Europe. Research shows that approximately **half of all European employees consider workplace stress to be common**. Stress is so prevalent across the European workplace that it is estimated to **contribute to approximately half of all lost working days**. As with many issues related to mental health, workplace stress and anxiety can be misunderstood by employers and managers, and even stigmatized. However, research shows that the impact that not addressing stress on an organisational level can end up **costing the employer more in terms of employee productivity and absenteeism** than if they provided support and training to employees to manage their stress. What we have learned through our research activities with young professionals is that **workplace stress is a prevalent issue**, which impacts the health and well being of young employees across the continent. While the situation and triggers of stress differ for employees across the project consortium, the occurrence of stress is common in all countries. Our research findings re-affirm the **need to support young professionals** in each country to develop **transferrable and transversal skills** that will help them to **identify, manage and overcome stress**, regardless of what their personal triggers for stress are.

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