



Pro•Stress

Promotion of Stress Management



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Maximum performance under maximum pressure!

WHAT IS IT?

Stress occurs in all life contexts and in any age group.

Stress can have a negative impact on people's health, as well as on their performance.

However, stress management is a life skill that can be trained!

Pro•Stress aims to stimulate people to be more effective in managing stressful situations, promoting positive human adaptation to stress.

FOR WHOM?

Business

Teaching

Health

Security and defence

Sports

Culture and arts

Age groups

- Children and youths
- Adults

HOW DOES IT WORK?

(a) Initial **assessment** of stress management skills.

(b) **Motivation** for stress management skills training.

(c) **Learning** about stress management.

(d) **Automatization** of stress management skills.

(e) **Transference** of stress management skills.

(f) Final **assessment** of stress management skills.

(g) **Monitoring** the use of the life skill in the daily functioning of each person.

