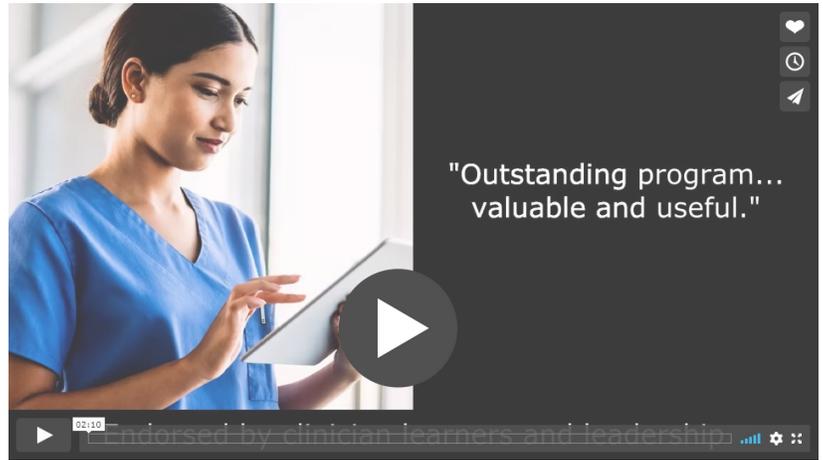# StressPal Frontline Essential Resilience Self-Care and Burnout Prevention
Robust CME + Peer-support Tools for Your Healthcare Teams

Building Clinician & Healthcare Flexibility & Resilience

"Outstanding program... valuable and useful."

02:10 Endorsed by clinician learners and leadership

"I now have an arsenal of techniques to combat my stress."

"Loved it all 10/10 recommend. I feel relaxed for the first time in a while."

"The strengths of this program are the ability to find real ways to deal with stress."

An award-winning stress resilience training provider, StressPal® is an emerging leader in science-based programs to scale for the entire workforce. Build your resilience toolkit with StressPal Frontline: Essential Resilience Self-Care and Burnout Prevention.

StressPal
Robust tools
for **resilience** under fire

StressPal.com

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What clinicians and care team learners say about StressPal Frontline:

"This program was very impressive to me. I enjoyed the course."

"Self-paced, well-designed visuals, relatable practical scenarios and practical strategies to apply to real life stressful situations."

"The program helped change my perspective on stress. You can't avoid it, but you can change how you react to stress in ways that are beneficial to your physical and mental health."

"The format of the instructional design between educational videos and mindfulness/guided imagery practices was a wonderful balance."

"I like the character building in the scenarios that highlight real-world behaviors we can recognize in ourselves and others. It's very relatable."

Why implement StressPal Frontline?

- **Proactively support well-being**
- **Impact retention and fulfillment**
- **Foster interprofessional communication**
- **Align with the Quadruple Aim**
- **Ready-to-go solution**
- **Accessible to entire workforce**
- **Earn valuable CEUs**
- **Peer support for your team**

training@stresspal.com

Institutional and individual resilience go hand-in-hand. Learn how we can help with integrated, ready-to-go solutions!

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