

Tackling health worker distress and burnout is complex and multi-faceted. **We can help.**

StressPal lightens the load with a transformative digital training platform to increase resiliency and build positive environments and cultures in healthcare communities. Where people want to stay.

StressPal

Robust tools
for **resilience** under fire



The **StressPal** model is a **structured, evidence-based** program that gives participants a foundation of succinct **intervention strategies** to build on and **function effectively** in high pressured situations and interactions.

The **High Cost** of Distress and Burnout



Staff Shortages



Dissatisfied Patients



Poorer Communication, Medical Errors



Increased Liability, Injuries

Individual resilience is protective against burnout, but is not a static condition. In a recent large-scale survey, resilience was found to be on the decline in all health worker roles since 2020.

— Press Ganey

With **StressPal Frontline**, you can:

- **Expand resilience curriculum** with self-directed and collaborative learning
- **Easily interact on a customized platform** for your learners, mentors and instructors
- **Fill an education gap.** Participants earn up to 12 AMA PRA Category 1, ANCC & APA credits, plus bonus 12 Interprofessional CEUs for all health workers
- **Save time, money and headaches** with a ready-made platform (for any device)
- **Reinforce and model** with ongoing modules and support for 12-36 months
- **Studies show 10x engagement** with action-based, Action-Feedback-Trigger model
- **Assess outcomes** with anonymized, aggregated reports

“In aggregate, the facts make a compelling case for action to address health care professional burnout at the organization and societal levels.”

— The National Academy of Medicine

**Visit StressPal.com
for interactive demos**

Prioritize investment in training that fosters inclusion, professional well-being and quality care



Sharpen focus, problem solving and team communication



Reduce stress, burnout and errors/adverse events



Improve energy, sleep quality and healthy consumption



Enhance life and work satisfaction, as well as retention

Evaluate the program's success

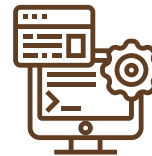
StressPal provides program administrators with validated use metrics and reports to assess return on an organization's investment. Participants in anonymous, surveys report:

- **99%** of StressPal learners give an overall approval rating of Excellent/Good
- **98%** of users are likely to recommend the program to colleagues and wellness leaders
- **94%** of learners say they were now able to apply three or more evidence-based strategies in the presence of stress-triggers

StressPal Frontline: A virtual well-being home



Active-learning toolkit



Peer-to-peer/coach platform



Dedicated team communities

StressPal

Robust tools for **resilience** under fire



Evidence-based guidance



Web-based for any device



Anonymous and secure

Demonstrate that your workers' well-being matters

The affordable program was created for healthcare communities looking to develop a virtual, customizable home for their well-being and resilience initiatives. Whether you are looking to build and launch a new repository of wellness offerings, or augment an existing resilience program, **StressPal Frontline** is the answer.

In their own words...

“

Receiving such germane material impressed me and made me feel recognized, validated and that my organization was taking real steps to care for my mental, physical and moral well-being.

”

“

StressPal does a beautiful job of addressing our struggles by first making us feel heard and known, and then with definitive actions we can take to manage our stressors and improve our well-being – allowing us to continue to provide high quality care to our patients.

”

“

I am in a much better place than when I started the program and find myself naturally taking actions that support my emotional health.

”

StressPal

Robust tools
for **resilience** under fire

Contact Us Today at Training@stresspal.com
to Learn How Building a Culture of Resilience
Can Make a Difference for You.

