



StressPal

Robust tools
for **resilience** under fire

We are pleased to offer our partners this team-centered, evidence-based digital training program and your own engagement community to foster collaboration, wellbeing and sustainable resilience across your organization.

StressPal Frontline: Essential Resilience Self-Care and Burnout Prevention

Build a foundation for effective functioning in pressured situations and interactions.

- ✓ Upskill the workforce with leading, best practice strategies in the flow of work
- ✓ Turnkey, with expert support and minimal admin time to implement
- ✓ Interactive video technology for engaging, brain-based learning
- ✓ Peer support community to reinforce and expand the engagement
- ✓ Pragmatic, concise and immediately applicable skills
- ✓ Expert support and metrics for success

Learners earn valuable credits on completion of the core training

- **All health workers** – 12.0 Interprofessional CEUs
- **Physicians** – 12.0 AMA PRA Category 1 credits
- **Nurses** – 12.0 ANCC contact hours
- **Psychologists** – 12.0 APA credits
- **Pharmacists** – 12.0 ACPE credits

Time to complete: Self-paced, a few minutes a day over 4-6 weeks

- **Easy** onboarding with unique access code
- **Ongoing** support and stress-relief resources
- **Web-based** for any device
- **No downloads** required
- **Participation** is anonymous

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