

# Reference Health & Focus

# HEALTH EXPERIENCE

Health program  
"Stress & Less"  
for a  
DAX 30 company



# Base Line

**The Challenge:** Design a health program in digital format for a DAX 30 company to consciously deal with stress.

# Base Line



- Work is very important and has a fundamentally positive stabilizing effect on humans.
- Our working environment is changing faster than ever.
- The workload increases.
- We feel shorter planning horizons and the uncertainty in times of VUCA, Work 4.0, digitization, agilization. Therefore, our stress level increases in many situations and we feel stress deeply!

**Goal: healthy body - healthy mind**



# Benefit

The health literacy of employees increases.

Self-reflection and self-guidance of the employees are strengthened.

**Move away from the role of victim, and towards consciously clear action!**

It is a regeneration program for the mind and body; your activity is stimulated.



# What Happens?

A comprehensive health program was developed, piloted, and transitioned into regular operation.

The 5 digital camp modules of the program build on each other and can be flexibly selected by the participants as a series or used individually.



# What Happens?

- The program is interactive and promotes the exchange of experiences with many impulses.
- Participants learn how to deal with stressful situations and how to take preventive measures so that stress does not affect health.
- They are trained to recognize symptoms in good time and expand their range of actions.
- Participants gain knowledge based on current studies and research results.
- Stress & Less raises awareness and directs attention to a healthy balance.
- Recently, the concept has been expanded to include a special team option, allowing teams to participate in the modules together over a longer period and to practice teamwork. Especially recommended for high-performance teams.

# Contact



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