

## WHY ADOPT, ADVOCATE, AND IMPLEMENT

### *StressPal Frontline: Essential Resilience Self-Care and Burnout Prevention*

- **Resilience is a complex phenomenon in the brain.** Like a muscle, it can be trained.
- Stress resilience is known to be foundational to our physical and mental health. Our capacity for psychological flexibility and resilience is one of our most valuable assets, yet persistent stressors can wear down even above-average levels of resilience, without brief, frequent self-care application of best practices cognitive strategies.
- **The high-pressured environment of healthcare is only becoming more complex.**
- For clinicians and staff, **advanced skill-building** is needed to maintain and fortify individual flexibility and resilience, to optimize the cognitive and behavioral *capacity* for collaboration and teamwork, to tackle drivers of burnout, and to live the life you value.
- Clinician-led, StressPal offers an **efficient, effective** and **integrated toolkit** for organizations seeking to expand resilient centers and interprofessional collaboration, with a ready-made, turnkey platform and vetted content.

## What your group gets and why it matters

	FOR ORGANIZATIONS	FOR INDIVIDUALS
<b>INTEGRATED WELLNESS HUB</b>	Bundled subscription packages include vetted educational content PLUS a trusted web-based learning environment that your wellness leaders can easily customize for your teams and well-being initiatives	Clinicians and non-clinicians receive a unique access code and unlimited use of the CE activity, ongoing resources, peer support and the organization's repository (CME, CNE, APA, IPCE credits)
<b>EVIDENCE-BASED</b>	The content is strictly grounded in the evidence-based mindfulness-based and cognitive behavioral therapeutic approaches and guidelines for efficient, effective training and durable outcomes	Your team is educated in cutting-edge, leading intervention strategies to maintain/build psychological flexibility and resilience, with clear learning objectives
<b>DEDICATED COMMUNITIES</b>	Designate peer-to-peer team communities by discipline, facility, or any other criteria you choose	Peer-to-peer support is well known to enhance engagement and completion
<b>REAL TIME INTERACTION WITH WELLNESS LEADER, PEERS, RESOURCES</b>	Assign your own wellness leader to interact with your teams in dedicated communities on a private, secure platform	In one place, on any device, interact with peers, mentors and check out the organization's well-being resources



<b>REPOSITORY</b>	Built-in features allow your wellness leaders to post links and messages to teams about the organization's wellness initiatives, videos, classes, etc. in real time	Anytime, from any device, participants can access your organization's resources and get an alert in their inbox about upcoming or new resources
<b>BRANDING TO YOUR GROUP</b>	Display your organization's team name to participants, such as "Central Medical Nursing Team"	Enhances community, good place to work
<b>ANONYMOUS &amp; SECURE</b>	StressPal abides by strict, transparent standards for privacy and data protection (GDPR, CCPA)	Learner's participation is strictly confidential and no personal data is shared, marketed or sold
<b>PROFESSIONAL &amp; INTER-PROFESSIONAL SKILL BUILDING</b>	Improved resilience is associated with a wide range of benefits that impact team communication, problem-solving and effective collaboration	Individuals who maintain their resilience are more engaged, fulfilled and present
<b>ETHICAL CASE: PATIENT SAFETY, OUTCOMES</b>	Clinician well-being is known to impact patient outcomes and satisfaction, quality scores	Health workers experience improved fulfillment, home/job satisfaction and purpose
<b>REGULATORY CASE: RESILIENT CENTERS</b>	Creating resilient centers supports recommendations of The Joint Commission and Quadruple Aim	Improved clinician experience
<b>LEGAL CASE: RISK MITIGATION</b>	Potentially significant costs savings related to reduced disability, adverse events, errors, malpractice	Disability and claims worsen stress and burnout, whereas mitigating these risks helps break the vicious cycle
<b>BUSINESS CASE: REDUCE ATTRITION</b>	Positive ROI to invest in burnout interventions for reduced attrition (AMA, Ed Hub, Burnout Calculator)	Better life/work satisfaction is associated with presenteeism and engagement
<b>BUSINESS CASE: PROFESSIONAL DEVELOPMENT</b>	Provide CEU benefits to physicians, nurses, and health teams, building reputation as good place to work	Individual skill-building Earn 4.0 CME credits and 4.0 Interprofessional CE
<b>BUSINESS CASE: FUNDS</b>	Significant potential cost savings and access to new funds for health worker well-being efforts	Protected time and incentives are encouraged to support staff and clinicians
<b>SCALEABLE</b>	Organizations issue unique access code to teams of any size	1 – 10,000+
<b>REPORTS</b>	Organizations receive aggregated, anonymized reports	Participants evaluate the program and learning objectives

For more information, please visit our website at [STRESSPAL.COM](https://STRESSPAL.COM)