

# StressPal

beyond relief  
RESILIENCE



**Building clinician and  
healthcare community  
resilience and flexibility**

# Beyond stress relief for clinicians and patients – Resilience

Healthcare delivery is inherently complex, unpredictable and challenging, while persistent stressors are at epidemic levels. “Managing stress” is often not effective. We can retrain our brains through immersive resilience training in the face of these pressured, adverse challenges. StressPal offers forefront healthcare organisations such as physician groups, medical centres and accountable care organisations the toolkit for effective ways to build psychological resilience as a strategic asset.

*“Stress is epidemic in our fast-paced modern life and is a major contributor to the enormously destructive effects of heart disease, cancer, diabetes, and the other maladies that currently plague us. Based in good science, StressPal will be wonderfully helpful in combating these modern scourges.”*

**Larry Dossey, MD**

*Executive Editor of Explore: The Journal of Science and Healing*

## The High Cost of Healthcare’s Stress



**Burnout**



**Staff Shortages**



**Increased Turnover**



**Compromised Care**

## A high cost problem requires an affordable solution

Integrating leading intervention strategies and grounded in peer-reviewed research in the science of psychological flexibility and resilience, StressPal’s web-based resilience training programs harness the brain’s complex ability to change its response to stressors, to adapt, and to recover more quickly from stress. The brain-based approach to stress resilience training personalises the user’s experience in a video-based, active-learning environment with action-based strategies proven to:



**Sharpen focus, problem solving and workplace functioning**



**Reduce reported symptoms of burnout and stress**



**Improve energy, sleep quality and healthy consumption**



**Improve emotional regulation, as well as life and work satisfaction**

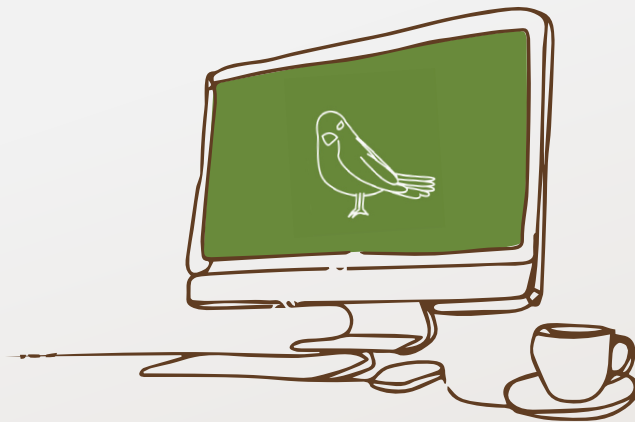


## StressPal Frontline – For Clinical Teams

### Creating a Culture of Resilience

Designed by clinicians, **StressPal Frontline** is a powerful, active-learning training program that blends best practices strategies that are practical, personalized and immediately applied in life practice to protect resilience and reduce burnout.

This self-study training in five learning modules is specifically designed for organisations to easily onboard and brand a training program that is secure and confidential for their clinical teams, staff and allied professionals and gives them affordable tools to jumpstart – and sustain – a culture of resilience.



*“As a cognitive behavioral practitioner, I am very well versed in mindfulness practices acceptance and commitment therapy. I found StressPal Frontline to be quite engaging. The information and techniques presented are scientifically based, state-of-the art and powerful. It is truly an innovative program.”*

**Julie A. Williams, Ph.D.**

*Licensed Psychologist, Oregon*

- Video-rich, concise learning steps
- Unlimited access and ongoing support
- A fraction of the cost of many courses
- Minimal administrative oversight
- Accessible on any device
- Secure and private platform
- No sharing of personal data or emails
- Peer-to-peer community support enabled
- Outcome reports
- Time Commitment – Only 5 minutes daily for life practice exercises and about 30 minutes per level (5 levels) over 4 weeks.

## StressPal Resilient – For Patients

### Behavioral Medicine Tools That Fill the Void

**Coming in 2021!** Stress resilience is not just for the healthcare community. Prior to COVID-19, studies found that 75% of all doctor visits are for stress-related chronic conditions, such as heart disease, diabetes, depression, asthma, substance disorders and insomnia, to name a few.

Improve care by arming your clinicians with the **StressPal Resilient** patient-engagement personalized stress resilience training as an adjunct to treatment of stress-related chronic diseases that drive health utilisation, costs and administrative burdens.

### Active-learning, developmental model

Each of our five levels include an animated case study, interactive instruction modules, life practice, mindfulness exercises used in clinical practice, science articles and resources, covering these topics:

- Resilience and flexibility
- Stress-triggered thoughts and feelings
- Stress-triggered behaviors and actions
- Stress-triggered physical responses
- Your Resilience Toolkit

## Contact Us:

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*"In a world where intensely negative emotions are all too prevalent, I applaud the efforts made by Pennie Sempell, and her colleague, James Monroe, PhD to develop stress resilience training tools based on real science. StressPal's emphasis on mindful, present moment interventions couldn't come at a better time."*

**Paul Ekman, PhD**

*Science Advisor for FOX TV's Lie to Me, based on his life and work, co-author with The Dalai Lama of Emotional Awareness*



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