

Annex 1: IMPK – Stress Management

Learning Outcomes

Knowledge outcomes

Upon completion of the course, the participant:

W1. explains the biological and psychological mechanisms of stress and distinguishes basic types of stress (e.g., acute vs. chronic) in relation to human functioning;

W2. describes the impact of stress on physical and mental health and identifies typical consequences of prolonged stress exposure, including the risk of occupational burnout;

W3. characterises somatic, cognitive, emotional and behavioural stress symptoms and justifies why early recognition is crucial in both professional and private life;

W4. discusses basic individual coping strategies and explains the role of relaxation and breathing techniques in self-regulation;

W5. explains the importance of communication and teamwork in situations involving elevated stress.

Skills outcomes

Upon completion of the course, the participant is able to:

U1. recognise stress symptoms in themselves and others and identify situational factors that may contribute to stress escalation;

U2. assess stress levels using the methods and tools covered in the course (including elements of psychophysiological assessment) and draw conclusions from the collected data;

U3. select and apply individual stress-management strategies, including practical relaxation and breathing techniques, tailored to specific situations and needs;

U4. develop a plan to strengthen stress resilience, including preventive measures against occupational burnout;

U5. apply principles of effective communication under stress (including teamwork) in order to reduce misunderstandings and support task completion.

Social competence outcomes

Upon completion of the course, the participant:

K1. takes responsibility for their own self-regulation in high-stress situations and undertakes actions that support effectiveness and well-being;

K2. collaborates effectively within a team under pressure, adhering to agreed rules of communication and mutual support;

K3. gives and receives feedback constructively (e.g., using the After Action Review format), maintain respect for others and the team's objectives;

K4. identifies situations of increased risk of stress overload (their own or within the team) and responds appropriately by communicating organisational and communication needs, in order to reduce stress escalation and the risk of burnout.

The learning outcomes are verified in accordance with the principles set out in the Regulations for Recruitment and Participation in Intensive International Educational Programs (IMPK).