

Stress is an integral part of everyday life. The Stress Processing Report shows your people how to manage stress to maximize performance.



Stress Processing Report™ (SPR)

An assessment for building a healthier, more productive workforce.

Stress has many causes. Job-related stresses include friction with the boss, making an important speech or presentation, or taking on a new job. Life changes can also cause stress, such as divorce, loss of a loved one or a serious illness.

Research shows, however, that people also experience stress as a result of life's "small hassles," such as having too many things to do, or getting conflicting orders from superiors.

Reduce Stress Levels While Increasing Effectiveness

The SPR is a unique self assessment that measures how well individuals deal with the stress they face at work, home and in everyday life. SPR identifies the current thinking styles used by individuals to cope with stress and identifies which of those thinking styles may be limiting their personal effectiveness and elevating their stress levels. As individuals work to improve their thinking and behavior, they also enhance their job performance.

PRODUCT APPLICATION

Use the SPR to:

- Assist individuals in improving physical health and feelings of well-being, while increasing satisfaction with work and self
- Promote higher levels of productivity as people reduce their stress levels and complete tasks more efficiently
- Enhance the quality of work relationships by teaching people to cooperate and communicate more effectively
- Encourage greater receptivity to change and the ability to recover quickly from minor setbacks

What the SPR Measures

Self	Others	Process	Goals
<i>Personal belief systems and self-perception influence how individuals cope with stress.</i>	<i>Stress levels are affected by how individuals perceive their relationships.</i>	<i>How individuals think about and perform tasks adds to or detracts from feelings of stress.</i>	<i>What individuals choose to do and their attitude toward accomplishments have an impact on their stress levels.</i>
<ul style="list-style-type: none"> • Self Image • Past View • Control • Approval • Growth • Effectiveness 	<ul style="list-style-type: none"> • Inclusion • Interpersonal • Intimacy • Trust 	<ul style="list-style-type: none"> • Receptiveness • Synergy • Cooperation • Time Orientation • Time Utilization 	<ul style="list-style-type: none"> • Satisfaction • Directedness • Expectations • Future View

Try the SPR Online

The SPR is now available online. Once the SPR responses have been completed, a personalized report is automatically generated. The report explains thinking styles, identifies areas of strength, and uncovers areas that limit effectiveness and cause stress.

The participant can view the "Understanding Stress," "Purpose and Structure of the SPR," and "References" screens to gather background information about the SPR that is not contained in the personalized feedback report.

Facilitators, administrators, and instructors have additional capabilities to manage and control the online SPR. They can either create participant account names and passwords themselves, or have the participants create their own by using a "PIN number" selected by the facilitator.

Facilitators can check, change or delete participant accounts; post a message on their SPR Main Menu page; and view their participants' results. In addition, facilitators can have participants contact them online with questions about their results or next steps.

How the SPR Works

Assess Current Approach to Stressors

By responding to descriptive statements, individuals use the SPR to create a "picture" or profile of their tendencies toward 19 specific ways of thinking or "styles" (see table on page 22). These styles determine how people respond to stressful situations and are linked to stress symptoms, including medical problems.

Commit to Behavioral Changes

Using the SPR **Self-Development Guide**, individuals find out how well they currently deal with stress and discover the consequences of continuing certain behaviors. From there, they can plan ways to modify their approach—to reduce or eliminate stress symptoms and behave more proactively in stressful situations.

Finally, using the SPR **Post Test**, individuals can complete the SPR again and again to determine progress toward improvement goals.

Please refer to the back of the catalog for the Pricing Guide.

Stress Processing Report™ (SPR)

PARTICIPANT MATERIALS

SPR Kit

- DI 39148
 - Self-Description Inventory
 - Self-Development Guide
 - SPR Debriefing Audio Tape

SPR Post Test

- DI 39145
 - Measures the individual's progress toward improvement goals.

SPR Online

- DI 39405

FACILITATOR MATERIALS

SPR Leader's Guide

- DI 39102
 - Everything you need to administer, score, and debrief the SPR.

SPR Debriefing Audiotape

- DI 39151
 - Discusses the 19 domains of the SPR and their interrelationships.

SPR PowerPoint® Presentation

- DI 39107
 - Set of 17 full-color slides assists with SPR scoring and debriefing of results.

SPR Transparencies

- DI 39108
 - Set of 17 full-color slides assists with SPR scoring and debriefing of results.

SPR Quote Cards

- DI 39120
 - Team exercise teaches the characteristics of the 19 domains the SPR measures.

Biodots/Stress Card Set

- DI 39157
 - Popular tools measure individual stress level based on body temperature. 25 biodots and 1 stress card.