



Cardio Stress Test

Negative stress is a widespread risk factor, especially in the modern working world, which can lead to health problems and illnesses over the long term. This is on one hand reflected in the rapid increase in mental illnesses and on the other hand in the development of cardiovascular diseases such as e.g. high blood pressure. The earlier stress symptoms are recognized, the more effectively they can be counteracted and the health risk reduced.

Topic: Stress regulation

Prevention Principle: Promotion of individual skills to cope with stress

Specific Goals

Measurement and evaluation of the individual stress level by determining heart rate variability (HRV), sensitization and promotion of stress competence

Contents

- ECG-based measurement of heart activity while seated
- Determination of the heart rate variability and calculation of a stress index (detection of the current stress level)
- Initiating and training fast-acting measures for stress regulation
- Results and relaxation exercises available digitally

Procedure

In order to determine the current stress level, the heart activity is measured with a high-resolution ECG device in a sitting position for 2 minutes at rest.

Results

Based on the so-called heart rate variability (chronological sequence of the individual heartbeats), a stress index is determined, which provides information about possible deviations in heart activity from the normal state and makes stress symptoms visible. The result of the test provides the starting point for individual coaching. The focus here is on raising awareness and promoting individual skills for coping with stress. The participants receive easy-to-implement tips and quickly learn effective exercises for stress regulation, which can also be used in the workplace.

Special Instructions for Implementation

Measurement is carried out by sensors on the skin on the wrist and ankle. (Pantyhose unfavorable.)

1:1 Health Module (Presence)

- Duration: 15-20 minutes per person
- Individual appointment

Requirements

- Space requirement $\geq 6 \text{ m}^2$
(Provide table and 2 chairs)
- Power connection (230 V)