

# ThinkLessStress app MONTHLY REPORT



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**DATE**

# WELCOME TO YOUR MONTHLY REPORT

This monthly report provides your organisation with the progress employees are making in building habits to manage stress, improve how they respond to stressful situations and how they are increasing their focus and productivity as a result of prioritising their wellbeing.

## Core topics for teams

There are 11x 4-week topics in the ThinkLessStress mental fitness coaching app. Out of these there are 7 core topics which increase team performance by supporting individuals to incorporate their learning into habits. The core topics are as follows:

1. **Creating Habits:** Learning the science behind habits including the habit loop and how to avoid resistance to change.
2. **Managing Stress:** Learning the evidence-based techniques in neuroscience which help you identify what you can do to build stress management strategies.
3. **Reframing your Perception:** Learning the evidence-based technique in neuroscience for reframing your perception of stressful situations which improves how you respond to stress.
4. **Focus & Attention:** Learning the evidence-based techniques in neuroscience which increase your focus and attention.
5. **Increasing Productivity:** Learning the background mechanisms which have an impact on productivity.
6. **Building Influence:** Learning the evidence-based techniques in neuroscience on the 7 personal traits which will build your influence as a team member.
7. **Effective Communication:** Learning the evidence-based techniques in neuroscience which will build assertive communication skills, active listening skills and the ability to resolve conflicts.

## Measuring team progress

The ThinkLessStress app will answer the following questions for individuals:

- What is my current level of stress?
- How well am I:
  - o managing stress?
  - o improving the way I respond to stress?
  - o increasing my focus?
  - o increasing my productivity?
  - o

The ThinkLessStress app will not only answer these questions for you but also track your progress in these key measures weekly, monthly, and yearly.

### **How team progress is measured**

Team progress is measured through the habit tracker data in the app and the tracking tool. Every week, there is a prompt in the app to complete the Habit Tracker including the Habit Success Score. The Habit Success Score is then entered into the Tracking tab in the appropriate tracker activity in the app.

### **What can you do with this data?**

As a team leader, you can have access to the scores for the 5 key measures from your team. A monthly report will be available to review the tracking data from the ThinkLessStress app and further coaching support can be provided for your team to keep the momentum going to experience transformational results.

### **The monthly report**

The monthly report will be populated by Catherine Wood on a monthly basis and sent to the Team Leader via email. The monthly report provides data on the 5 key measures for the team which are:

#### **Level of stress**

Habit Success Scores for:

**Managing stress**

**Improving response to stress**

**Focus and attention**

**Increasing productivity**

#### **The Habit Success Scores**

The scores are based on the frequency of habit completion.

**0-1 days = 1**

**2-3 days = 2**

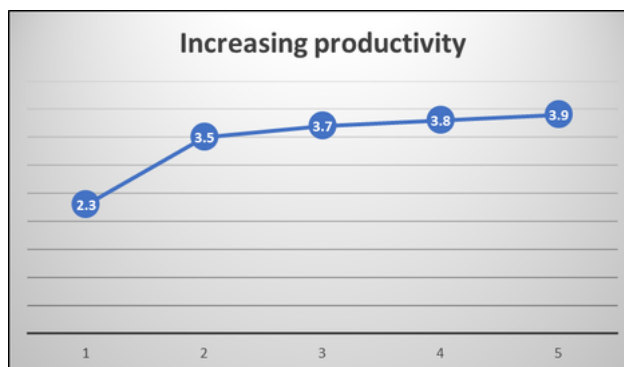
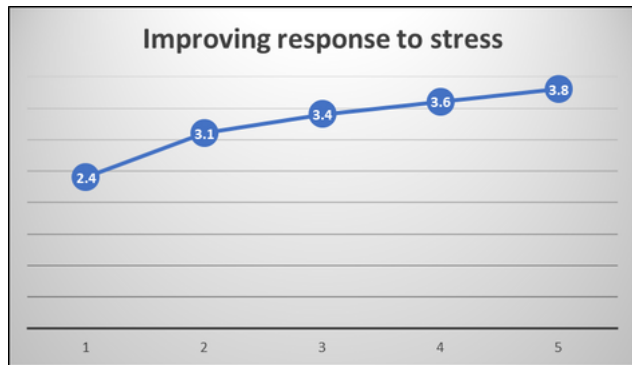
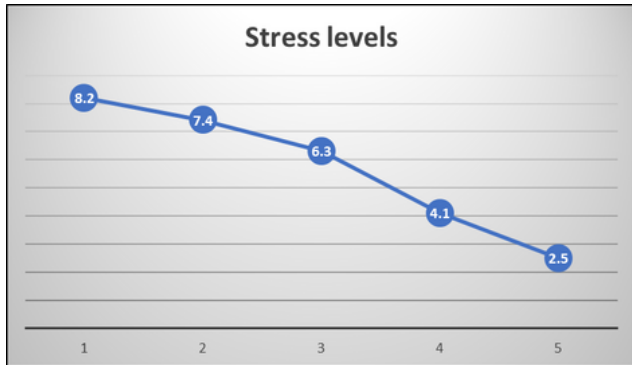
**4-5 days = 3**

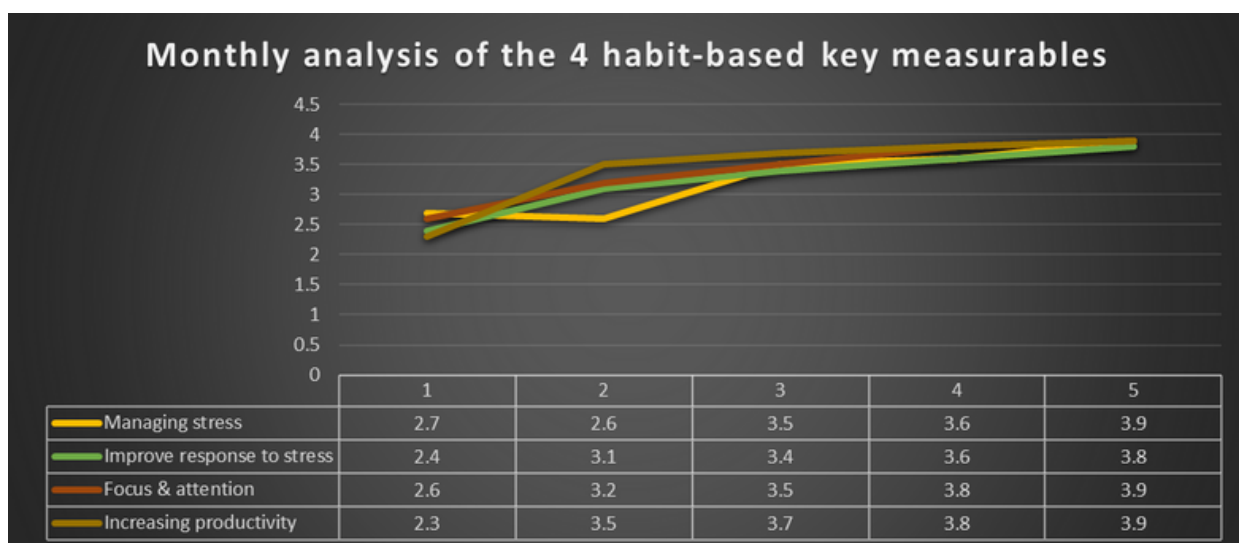
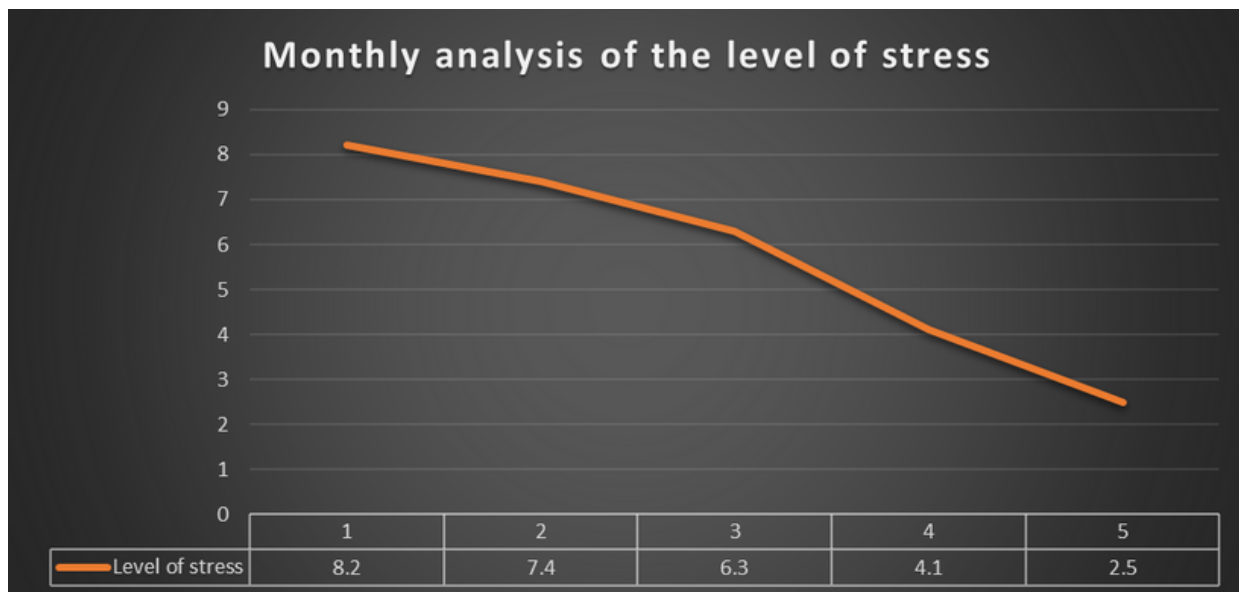
**6-7 days = 4**

This report provides an average score across the team for each of the 5 key measures within individual charts and a monthly analysis of all of the key measures together over the timeframe.

Report prepared for:

### Your charts on the 5 key measures and monthly analysis





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