



**ENERGY**

Wellness Health Program

## Developing Green Care Wellness Program for Professionals with Highly Stressful Jobs



Funded by  
the European Union



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Benchmark  
Best practices in education of  
mental and physical health  
and green care



# Information of the benchmarked courses

## Type of program

63%	25%	12%
Online	Offline	Apps

## Workload per week

- 30 mins
- 1-2 h
- 2-3 h

## Target groups



SMEs – employees and managers  
VET trainers  
HR and Health & Safety consultants

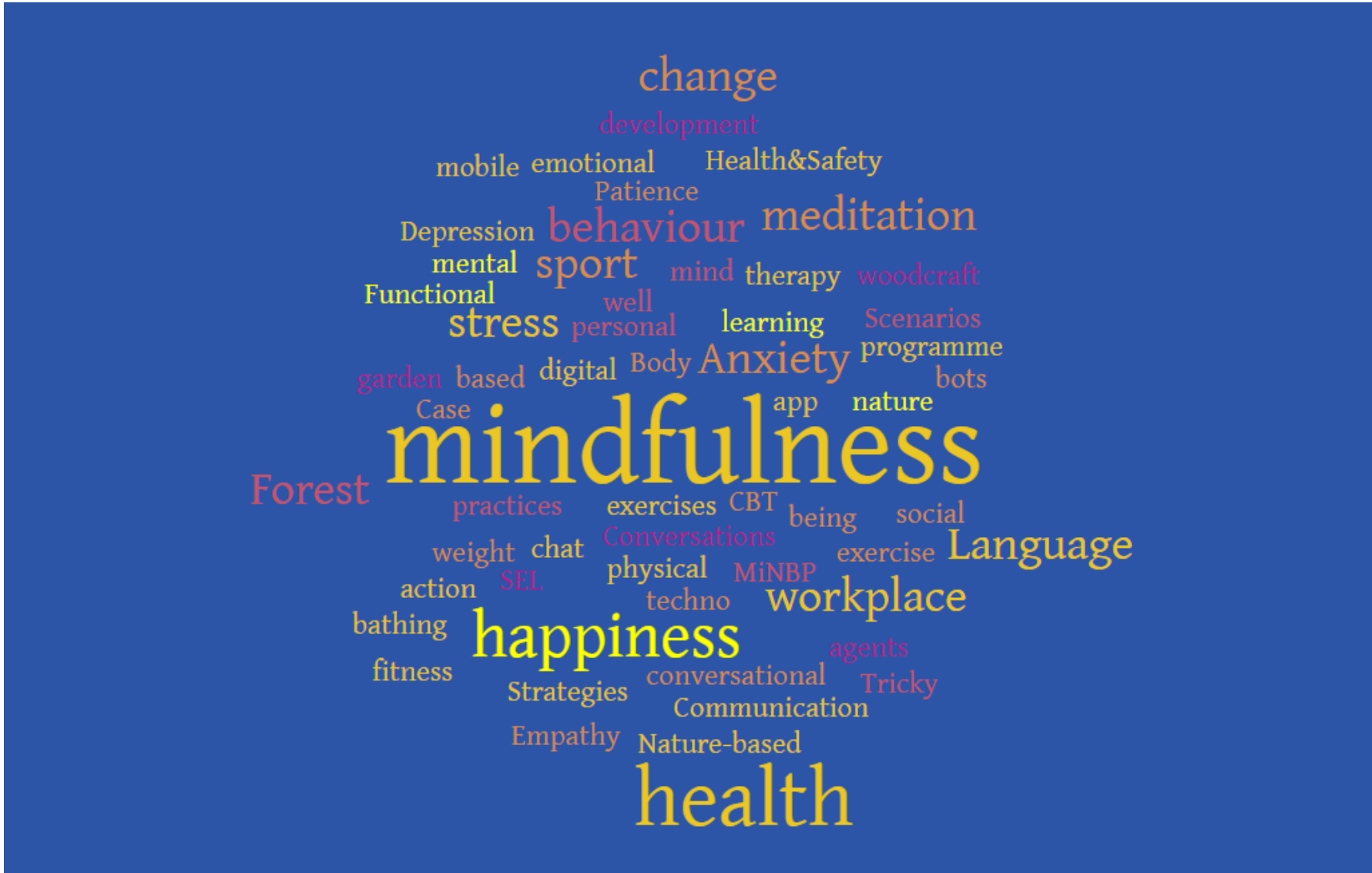


Young people – elementary and high school  
Adults

## Duration

- 1 month
- 4-9 weeks
- 40 days

# Key words



# Training methods



- Offline – classroom & forest
- Online – learning platform & game
- App

- Presentations, lectures
- Work in groups & pairs
- Articles, reading materials, supporting resources, links to online resources
- Self-paced, video lessons, quizzes, exercise
- Meditation techniques
- Tutors interaction, coach, live chat

# “Best practices” found



**1.Challenges to change behavior:** Easy to use techniques, step-by-step approach, “rewirement” activities, building new habits, applicability in everyday life.

**2.Outdoor Activities:** Engaging in outdoor activities such as walking in nature, breathing techniques, forest bathing, walking, outdoor exercising, and sports in nature.

**3.Science based:** Validate psychological surveys, self-assessment test before and after the course, research-backed activities.

**4.Flexibility:** Self-paced learning, flexible deadlines, optional materials, handouts to track progress, small daily actions for big positive changes.

**5.Cognitive-behavior therapy:** web-based apps, efficient method, provided support for more conscious life.



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