

Mindshifter Stress program

Learn how to turn stress to your advantage

Videos

Learn what stress does to the brain and body, and why

Exercises

Practical ways to learn to view stress differently and manage it in new ways



Questionnaires

Measuring the perception of stress and the perception of one's ability to cope with stress (development throughout the program)



Tools

Ways to learn from past stress, manage stressful situations, and/or prepare for upcoming stressful situations



Documentation

Recording answers for deeper processing and tracking development over time

Overview

The Mindshifter Stress program is a digital program based on scientific research.

It helps people harness the positive sides of stress.

Throughout the program, participants become aware of how they handle stress and how this begins to change as they start viewing stress differently. The program provides all the tools they need to experience the positive sides of stress and permanently change their relationship with stress.

How it works

The Mindshifter Stress program lasts 42 days (6 weeks) and consists of a mix of videos, exercises, questionnaires and tools.

Through short, informative videos, participants are introduced to both the negative and positive aspects of stress in an accessible way. The exercises help participants view stress more positively and allow them to experience how this shift in perception changes their physical and mental responses to stress. Participants change how they view stress, handle stress differently, and harness the positive sides of stress.

The program has been developed by Linda Guijt, who has a background in psychology en neuro sciences and is an expert in the field of perception.

Request a quote:



A positive perception of stress is linked to positive outcomes, such as increased positive emotions, fewer anxiety and depressive symptoms, better coping with uncertainty, improved performance, and more.

Research has shown that it is possible to learn to view stress and stressful situations more positively and develop healthier coping strategies. The Mindshifter Stress Program has been developed based on scientific research.

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Williams, S. E., & Ginty, A. T. Improving stress mindset through education and imagery. *Anxiety, Stress, & Coping*, 37(4), 419–427. (2023). <https://doi.org/10.1080/10615806.2023.2279663>

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