

Stress Processing Report™ (SPR)



paper self-scored form



real-time feedback (RTF)

INDIVIDUAL DEVELOPMENT

Build a healthier and more productive workforce, reduce individual stress, and increase personal satisfaction

“*One of the great findings of behavioral scientists, psychologists, and medical researchers is that stress tends to exist not outside ourselves, but in how we think!*”

SPR Self-Development Guide

WHAT IS SPR?

The *Stress Processing Report (SPR)* provides personalized, confidential insights into the ways individuals may be contributing to their own stress levels. By pinpointing ineffective thinking patterns, participants can identify the “early warning signs” of performance problems before they cause illness and erode motivation.

The SPR measures 19 distinct, interrelated styles of thinking that research has shown are linked to psychological and physiological symptoms of strain. These are organized into 4 categories:

- *Self*, which includes measures of self-image, past view, control, approval, growth, and effectiveness
- *Others*, which includes measures of inclusion, interpersonal orientation, intimacy, and trust
- *Process*, which includes measures of receptiveness, synergy, cooperation, time orientation, and time utilization
- *Goals*, which includes measures of satisfaction, directedness, expectations, and future view

HOW DOES SPR WORK?

The SPR solicits responses to 160 phrases or questions that explore individual feelings in areas such as quality of relationships, personal and professional satisfaction, physical health and well-being, and reactions to tense situations. The survey takes approximately 30 minutes to complete. An additional 10 to 15 minutes is needed for participants to score their survey and profile their results. The SPR is also available online with real-time scoring and feedback.

APPLICATIONS

The SPR can be used to:

- Improve physical health and well-being
- Promote healthier and more productive responses to change and stressful events
- Increase personal satisfaction
- Enhance the quality of interpersonal relationships

WHO SHOULD EXPERIENCE SPR?

The SPR is appropriate for all organizational members.

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