Course Description

Provides a basic understanding of stress and its physical, psychological, and social effects. Includes the relationships between stress and change, self-evaluation, sources of stress, and current coping skills for handling stress. Lecture 2.5 hours. Laboratory 1 hour. Total 3.5 hours per week.

General Course Purpose

To provide students with current views on wellness and prevention of illness, and to recognize and evaluate health resources provided by the community.

Course Prerequisites/Corequisites

This course is designed to give the students a basic understanding of the effects of stress on their physical, psychological, and social well-being and techniques to handle their stress.

Course Objectives

Upon completing the course, the student will be able to:

a) Describe the basic physical and psychological effects of stress on the body, and the physical, psychological, and social consequences
b) Identify primary sources of stress in society, as well as underlying causes
c) Examine stress in their own lives, including sources, causes, and effects
d) Recognize the basics of effective stress reduction and coping processes and techniques
e) Apply the most potentially effective stress-coping techniques to their own work, school, and social environment
f) Evaluate the effectiveness of their coping techniques on their own situation

Major Topics to be Included

a) Nature of Stress
b) Physiological effects of stress
c) General Adaptation Syndrome
d) Stress and disease
e) Psychology of stress
f) Personality types
g) Interventions
h) Coping techniques
i) Journal writing
j) Therapies
k) Time management
l) Relaxation techniques
m) Breathing
n) Meditation
o) Mindfulness
p) Physical Exercise
q) Nutrition
r) Self-Assessments
s) Personal Plan