

## **NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY HLT 215 – PERSONAL STRESS MANAGEMENT (3 CR.)**

### **Course Description**

Provides a basic understanding of stress and explores its physical, psychological and social effects. Includes the relationships among stress and change, self-evaluation, sources of stress, and ways to develop current coping skills for handling stress. The assignments in the course require college-level reading fluency and coherent communication through written reports. Lecture 3 hours. Total 3 hours per week.

### **General Course Purpose**

HLT 215 explores basic concepts of personal stress and identifies personal stress management strategies.

### **Course Prerequisites/Corequisites**

None.

### **Course Objectives**

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

#### Communication

- Communicate openly and accurately with others regarding the stress response and techniques for managing stress

#### Critical Thinking

- Recognize the importance of taking a preventative approach to managing stress
- Explore and evaluate strategies for managing time and financial stressors
- Describe the interaction between mind and body in response to stress
- Compare and contrast characteristics of healthy and unhealthy responses to stress

#### Social and Cultural Understanding

- Apply communication and conflict resolution techniques to manage stressors in personal and professional relationships

#### Information Literacy

- Select and utilize credible sources of health information

#### Personal Development

- Develop and employ a personalized plan to manage stress
- Assess personal goals, time and financial management skills
- Recognize the role of emotions and perception in managing stress
- Explore a variety of relaxation techniques for mind and body
- Utilize techniques for managing existing sources of stress
- Develop and employ a personalized plan to manage stress

#### Defining Stress

- Define the terms stress and stressor
- Explain the difference between eustress and distress
- Differentiate between duration and degree with respect to stress
- Differentiate between acute and chronic stress
- Describe the dimensions of health/wellness
- Classify stressors into the dimensions of wellness

- Describe homeostasis and the impact of stress on homeostasis
- Explain the fight-or-flight response
- Share personal examples of the fight or flight response
- Describe the phases of the General Adaptation Syndrome
- Recognize examples of the phases of the General Adaptation Syndrome
- Formulate an explanation of how human response to stress has changed over time
- Define the Yerkes Dodson principle
- Discuss a variety of theories related to stress (life events, daily hassles, tend and befriend, hardiness, Dynamic Systems Theory (DST))
- Given a situation, provide examples of each of the three approaches to a stressor
- Assess their current stress levels based on a variety of stress assessments
- Determine needed actions based on results of the stress assessments
- Identify primary and secondary sources for stress in their life
- Define why stress is a problem
- Explain how stress is both a stimulus and response
- Describe Allostasis and why it is detrimental to long-term health
- Identify the Transactional Model of Stress

#### Mind, Body and Stress

- Identify the biological mechanisms of stress in the body's systems (\*Endocrine, circulatory, respiratory, immune, digestive, etc.)
- Explain physiological and psychological indicators of stress
- Identify major fight or flight responses in the body
- Discuss the role of the CNS and Limbic system in stress response
- Identify the physiological HPA process of stress in the body
- Describe the role of Cortisol in the body in its relation to a perceived threat
- Explore the role of Dopamine as a motivator of stress response
- List the physiological changes associated with the stress response
- Identify the stages of the General Adaptation Syndrome
- Explain how the science of stress relates to stress management and prevention
- Describe the role of stress in disease
- Discuss how stress can affect each of the body systems
- Discuss various diseases associated with stress
- Explain the relationship between stress and the immune response
- Explain the terms psychosomatic, placebo effect, and nocebo effect as they relate to the relationship between mind and body

#### Values and Goals

- Define the term value
- Describe the processes of values acquisition and values clarification
- Discuss values of various cultures
- Clarify and prioritize the values most important in your life
- Define the terms Niagara Syndrome, dharma, and altruism as they relate to values
- Explain the connection between values clarification and stress management
- Differentiate between a value and a priority
- Establish their own "top ten list" of priorities
- Describe the components of the "SMART" acronym of goal writing
- Based on their goals, establish a set of goals that meet the "SMART" criteria

#### Time Management

- Assess how they spend their time
- Identify time management strategies to complete undesirable tasks
- Identify and apply methods to overcome procrastination
- Explain how to delegate tasks as a time management
- Describe the ABC123 and Quadrant Planning techniques
- Classify tasks based on the ABC123 and Quadrant Planning techniques

- Distinguish between principles of life balance and serendipity
- Explain Pareto's Law (the 80:20 rule) and how it relates to time management
- Select time management techniques that work for them
- Reduce their stress by being more efficient and effective
- Define procrastination and describe how it keeps them from completing tasks

#### Communication and Conflict

- Define communication styles to include assertive, aggressive and non-assertive
- Recognize differences in body language for each communication style
- Explain the benefits of assertiveness
- List attributes of assertive body language
- List and explain the "six steps" for effective verbal communication
- Apply the "six steps" for effective verbal communication to communication scenarios
- Define conflict
- Discuss the benefits and detriments of conflict
- Identify five styles of conflict management
- Describe attributes of each style of conflict management
- Explain situations in which each style of conflict management is best used
- Demonstrate use of each conflict negotiation style

#### Emotions and Relationships

- Describe the connection between social support and stress
- Describe the types of social support
- Explain how effective listening is the key to healthy communication you statements vs. I statements
- Differentiate between verbal and non-verbal communication
- Discuss how different genders handle stress
- Explain how negative emotions such as guilt, worry, fear, anger, and hostility relate to stress
- Describe the physiological manifestations of certain emotions
- Distinguish between guilt and worry
- Explain the differences between anger and hostility
- Take action to prevent and control stress-causing emotions
- Define Emotional Intelligence, and how it relates to stress and communication

#### Perception and Cognitive Methods

- Define perception and the impact of perceptions on our experience with stress
- Describe cognitive appraisal and cognitive restructuring
- Describe how the hardiness characteristics of commitment, challenge and control can be developed to facilitate a more positive perception
- Define locus of control and describe its relationship to stress
- Recognize and distinguish between examples of internal and external locus of control
- Define and provide personal examples of conditioned response
- Define and distinguish among cognitive dissonance, cognitive distortion and cognitive restructuring
- Define thought-stopping, personalizing, positive self-talk and power language
- Distinguish among self esteem, self awareness, self efficacy and self-limiting beliefs
- Recognize examples of cognitive techniques of stress management
- Apply cognitive techniques to personal situations
- Identify and distinguish among the seven levels of response (effective and ineffective)
- Identify their thought patterns that have positive or negative effects on stress response

#### Financial Matters

- Explain the ABCs of money management
- Create and implement a plan for financial fitness
- Set financial goals to reduce money-related stress
- Discuss how doodads and credit cards contribute to financial stress
- Investigate what the research says about the relationship between money and satisfaction in life

## Healthy Behaviors

- Explain the health and stress-relieving benefits of a balanced exercise program
- Describe the components of a healthy diet
- Explain the impact of stress on nutritional needs and body fat
- Assess the amount of sleep they require
- Explain unhealthy coping strategies, including negative effects of tobacco, alcohol and drugs
- Incorporate healthy lifestyle habits into their life to reduce and eliminate stress
- Describe the relationship of sleep and stress
- Identify digital detoxification strategies
- Describe the impact of stress and being around positive and/or negative individuals

## Spirituality and Healing Methods for Stress Reduction Environments

- Describe the influence of spirituality on stress
- Differentiate between religiosity and spirituality
- Discuss the research linking spirituality and health
- Summarize the barriers to research on spirituality
- Delineate the five qualities of spiritual health
- Develop a personal plan to reduce stress through spiritual balance
- Describe what is meant by a “healing environment”
- Describe the role our senses play in both stress induction and stress reduction
- Describe the role of the aesthetic qualities of surroundings in creating a healing environment
- Explain how a healing environment helps to prevent stress
- Evaluate their personal level of technostress
- Explain how technology can be managed to prevent stress

## Physical Methods for Stress Reduction

- Describe the purpose and types of progressive relaxation
- Outline the steps in various progressive relaxation techniques
- Define and recognize examples of biofeedback
- Describe the purpose of and types of yoga
- Compare and contrast various deep breathing techniques
- Differentiate among the different types and techniques of massage
- Recognize and discuss the health and stress relief benefits of various relaxation techniques for the body
- Describe precautions for various relaxation techniques for the body
- Locate resources to assist with select relaxation techniques
- Practice/experience select relaxation techniques for the body
- Recognize and discuss the health and stress relief benefits of physical activity for the body

## Psychological Methods for Stress Reduction

- Explain the mind-body connection in relaxation and stress reduction
- Describe mindfulness
- Explain the types of meditation (Transcendental, MBSR, Visual, Walking)
- Describe the elements of a meditative process
- Describe the physical, emotional and psychological benefits to meditation
- Describe the purpose, benefits and precautions of aromatherapy
- Describe the process of guided imagery
- Explain how laughter can be used to cope with stress
- Explain how and why music can be used to cope with stress
- Recognize and discuss the health and stress relief benefits of various relaxation techniques for the mind
- Describe precautions for various relaxation techniques for the mind
- Locate resources to assist with select relaxation techniques
- Practice/experience select relaxation techniques for the mind
- Discuss how “me” time can be used to cope with stress

## **Major Topics to be Included**

Defining Stress  
Mind, Body and Stress  
Values and Goals  
Time Management  
Communication and Conflict  
Emotions and Relationships  
Perception and Cognitive Methods  
Financial Matters  
Healthy Behaviors  
Spirituality and Healing Methods for Stress Reduction Environments  
Physical Methods for Stress Reduction  
Psychological Methods for Stress Reduction