

COURSE OUTLINE **Stress Management**

Course Description

PD 112. Stress Management. 1 credit hour. This course will enable the student to develop positive strategies for managing stress and apply relaxation techniques.

Course Relevance

The principles learned in this course will enable the student to effectively utilize stress-reducing techniques to reduce personal stress factors.

Required Materials

Seaward, B. (2006). *Essentials for managing stress* (1st ed.). Sudbury, MA: Jones & Bartlett Publishers.

Relaxation CD (packaged with text).

Learning Outcomes

The intention is for the student to be able to:

1. Develop positive strategies for managing stress.
2. Use a variety of relaxation techniques.

Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following PACT skill area(s):

Personal Development Skills

1. Personal management
 - Demonstrate effective choices in regards to self-concept, health, time, change, and other self-management issues.

Major Summative Assessment Task(s)

These learning outcomes and the Learning PACT skill(s) will be demonstrated by

1. Preparation of a 15-20 sentence paragraph, in which the student contrasts the ways in which he/she dealt with change prior to taking the course with ways in which he/she has learned to cope with change as a result of this course.

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Honesty
 - B. Self-examination
 - C. Responsibility
 - D. Willingness to change

- E. Organization
- F. Support
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Choice to change vs. choice not to change lifestyle practices
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Assessment of personal stress factors
 - B. Risks of high stress factors
 - C. Stress-reducing techniques
 - D. Communication techniques
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Evaluate personal sources of stress
 - B. Examine effective practices for managing stress
 - C. Choose personal practices for managing stress
 - D. Practice variety of relaxation techniques
 - E. Choose most effective personal relaxation techniques
 - F. Evaluate personal time-management skills
 - G. Examine effective time-management practices
 - H. Choose personal time-management practices
 - I. Evaluate personal communication skills and practices
 - J. Examine effective communication practices
 - K. Choose personal communication practices
 - L. Evaluate personal wellness practices
 - M. Examine effective wellness practices
 - N. Choose personal wellness practices

Learning Units

- I. The nature of stress
 - A. Personal stressors
 - B. Symptoms of stress
 - C. Positive strategies
- II. Wellness
 - A. Social support
 - B. Personal wellness
- III. Distress symptoms
 - A. Distressors
 - B. Anxiety symptoms
 - C. Emotional distress symptoms
 - D. Cognitive distress symptoms
 - E. Behavioral distress symptoms
 - F. Physical distress symptoms
- IV. Managing stress
 - A. Coping strategies
 - B. Positive alternatives

- C. Managing anger
- V. Health buffers
 - A. Physical exercise
 - B. Diet and sleeping habits
- VI. Relaxation methods
 - A. Deep relaxation
 - B. Bio-feedback
 - C. Music
- VII. Managing time
 - A. Goal setting
 - B. Scheduling techniques
 - C. Positive alternatives
- VIII. Social stress
 - A. Social support network
 - B. Communication behaviors
 - C. Positive management practices
- IX. Personality patterns
 - A. Characteristics
 - B. Distress-prone patterns
 - C. Distress-resistant patterns
- X. College stress
 - A. Managing stressors
- XI. Personal wellness
 - A. Social commitment

Learning Activities

The student will complete an assignment notebook that will include textbook reading, creative activities, and relaxation exercises.

Grade Determination

Grade will be determined by the completion of assigned textbook exercises, relaxation charts, video critiques, and creativity activities.