

Common Course Outline for: HLTH 1118, Stress Management**A. Course Description**

1. Number of credits: 3
2. Prerequisite: None

An exploration and celebration of the adaptive ability of human beings to create and overcome stress in our urban and technological society. This course uses a holistic approach in assisting the student to recognize personal stress levels, to develop strategies for managing stress and to understand the relationships between complex cultural forces and personal responsibility in the 21st century.

B. Date last revised: January, 2016**C. Outline of Major Content Areas**

1. Scientific Foundations of Stress: The Nature of Stress; Human Physiology; Stress and Relaxation Responses; Stress and Disease.
2. Thought, Beliefs and Emotions: Behavioral Patterns; Self-concept and Self-esteem; Family and Culture; Demands and Responsibilities; Emotions and Stress; Relationships; Verbal and Non-verbal Communication; Human Spirituality.
3. Stress and the Human Environmental Interactions: Time; Body Rhythms; Weather and Climate; Nutrition; Exercise; Drugs and Addictions; Violence and Post Traumatic Stress.
4. Workplace Stress: Occupational Stressors; Organization Stress; Time Management; Environmental Stressors; Biological Factors in the Workplace.
5. Strategies for Managing Stress: Behavior Modification; Journal Writing; Music and Art Therapy; Massage Therapy; Humor and Comic Relief; Creative Problem Solving; Meditation; Visualization; Progressive Relaxation; Autogenic Relaxation and Hypnosis; Yoga; T'ai Chi Ch'uan and Qigong.
6. Devising a Personal Stress Management Program

D. Course Learning Outcomes

- A. Critique how the personal and social responsibilities of modern society have changed and intensified stress in society over the past 50 years.
- B. Define the terms stress, stressor, eustress, distress, and neustress in terms of one's personal lifestyle.
- C. Relate the General Adaptation Syndrome as to its positive and negative effects on human physiology.
- D. Articulate the potential for excess stress arising from one's personal choices and interactions in society.
- E. Comprehend the effects of improperly managed stress on the individual and family health, and the impact on productivity.
- F. Apply strategies congruent with one's ethical views to the management of acute and chronic stress symptoms.
- G. Design alternative solutions to one's current response patterns to stress which are more compatible with personal goals and the rights and responsibilities of citizenship.

E. Methods for Assessing Student Learning

Course evaluation may include (but is not limited to): Objective examinations; individual and group projects and presentations; research papers; journal/book reviews; critique/reaction papers; personal assessments; class discussions; class attendance.

F. Special Information: None