

STRESS MANAGEMENT COU351

Syllabus

Week 1

1. Defining Stress
2. Identifying Stressors

Week 2

3. Stress and Illness
4. Family and Occupational Stress

Week 3

5. Type A behavior and Your Heart
6. Beginning to Manage Your Stress

Week 4

7. Relaxation Techniques for Stress
8. Proper Thinking and Self-Talk

Week 5

9. Perception Intervention
10. Life Situations (Intrapersonal and Interpersonal)

Week 6

11. Anger Management
12. Time Management

Week 7

13. Health Buffers: Exercise, Nutrition, Sleep
14. Social Support

Week 8

15. Balancing Self-Care and Social Responsibility
16. Choosing to Have Less Stress