

# Minnesota State College Southeast

## HLTH 1225: Stress Management

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course will explore the many ways that stress affects us both physically and emotionally. Students will learn to identify personal stressors and learn holistic methods to reduce the impact of stress in their lives. Topics will include stress response, impact of stress, coping and managing, and techniques for relaxation and wellness. Students will learn about awareness, implement relaxation exercises, create personal inventories and design personal plans. (Prerequisite: none) (2 credits: 2 lecture/0 lab)

**B. COURSE EFFECTIVE DATES:** 02/02/2017 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Stress
2. Coping
3. Relaxation

### D. LEARNING OUTCOMES (General)

1. Describe and explain the nature of stress, the stress response (fight or flight), causes of stress, the relationship between stress, disease, and a holistic approach to stress managements
2. Assess and describe the impact of stress on one's body, mind, spirit, and emotions, including burnout and overload
3. Identify, describe, and practice research-based coping strategies and relaxation techniques that empower the student to more effectively address life's stress
4. Develop a personal stress plan to incorporate coping strategies and relaxation techniques, to change behaviors which contribute to stress, to make changes to situations that can be changed, and to effectively cope with situations that cannot be changed

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted