

Stress Management

Course Description

This course will explore the harmful long-term effects of stress on our mental and physical health and provide suggestions for managing our individual stresses more effectively. Strategies may include changes in lifestyle, stress management techniques such as relaxation and exercise, and the use of music or humor as coping strategies.

Learning Objectives

Participants will:

- Recognize that stress is a positive, unavoidable part of everybody's life.
- Identify the symptoms of chronic stress overload.
- Identify how lifestyle choices can contribute to stress and how we can work toward making different choices.
- Develop some techniques to help manage stress right now.
- Begin planning long-term protection against the cumulative affects of stress.

Outline

- Introduction, Learning Objectives and Agenda
- How Does Stress Affect Us?
- What is Stress About?
 - Checklist of Stress Symptoms
 - Holmes Rahe Stress Rating
 - Hanson Scale of Stress Resistance
 - The Human Scale
 - Stress Exhaustion Symptoms
 - Burnout Test
- Stress and Time
- The Stress Tax
- Managing Stress
- Stress and Gender
- Taking Care of Your Body and Mind
- Stress Management Strategies
- The "Less Stress" Lessons
- Personal Action Plan