

Course discipline/number/title: HLTH 1155: Stress Management

A. CATALOG DESCRIPTION

1. Credits: 2
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course is designed to lead students through techniques for time and stress management. Helping students identify how to manage their time, responsibilities and applying positive coping mechanisms is key to quality in day-to-day living and lowering negative stress. Topics to be explored are health implications to negative stress, and application of positive coping strategies such as, but not limited to meditation, progressive muscle relaxation, breathing techniques, journaling, exercise, and nutrition.

C. DATE LAST REVISED (Month, year): May, 2023

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Understanding Eustress and Distress
2. Recognizing Stress Triggers
3. Positive Coping Skills
4. General Adaptation Syndrome and Health Implications of Stress
5. Personal Awareness for Prevention, Seeking Assistance and Mindfulness of Self Health
6. Time Management Techniques
7. Practical Application of Stress Management and Relaxation Techniques

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Explain the nature of stress, the stress response (fight or flight), causes of stress, and the relationship between stress and disease.
2. Assess the impact of stress on one's body, mind, spirit, and emotions and apply a variety of positive coping mechanisms to reduce distress for quality living.
3. Explain the necessity of effectively coping with stress to prevent long-term physical and mental health issues.
4. Apply coping strategies and relaxation techniques to empower the individual to more effectively cope with day-to-day stress.
5. Possess the ability to effectively self-evaluate for identifying stressors and stress triggers, then apply adaptations to cope or adapt, or accept concepts that cannot be changed.
6. Analyze the use of time to identify time wasters and effective organization to decrease stress.
7. Plan personalized strategies for individualized positive coping and implementing relaxation techniques as a daily health routine.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Participation
2. Daily Assignments
3. Projects
4. Quizzes and Exams

H. RCTC CORE OUTCOME(S): This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

I. SPECIAL INFORMATION (if any): None