

# Common Course Outline

## HLTH 212

### Stress Management

3 Credits

## The Community College of Baltimore County

### Description

**HLTH/MNTH 212—3 credits—Stress Management** explores the nature of stress; examines the factors which may contribute to its manifestation, and determines which of these factors may be operating in students' lives. It exposes students to a wide variety of healthy coping strategies and engages students in relaxation practices.

**NOTE: Credit may be received for HLTH 212 or MNTH 212, but not for both.**

### **3 credits**

**Pre-requisites:** ENGL 101 or HLTH 101 or PEFT 101 or permission of coordinator

### Overall Course Objectives

Upon successful completion of this course students will be able to:

1. explain the nature and effects of stress including the stress response and relaxation response as described by leading professionals;
2. explain how stress relates to illness and compromises the immune system;
3. relate stress to the six dimensions of wellness;
4. assess their current level of stress from a variety of perspectives;
5. appraise personal stressors and stress reactivity patterns;
6. distinguish between effective and ineffective methods for coping with stress;
7. analyze personal lifestyle choices and behaviors from the perspectives of locus of control and self efficacy;
8. explain how perception and emotion impact the stress response;
9. characterize healthy relationships and effective communication;
10. clarify and prioritize the values most important in their lives;
11. practice a wide variety of relaxation techniques to induce the relaxation response;
12. integrate a wide variety of stress management techniques in to their daily life; and
13. create a personal stress management plan that includes time management, cognitive techniques, relaxation, nutrition and exercise.

### Major Topics

- I. The nature of stress and stress as a natural survival response
- II. The disease models and the impact of chronic stress
- III. The body's psycho-physiological response to stress

- IV. Perception, cognitive restructuring and how thoughts affect mood and attitude
- V. Healthy lifestyles, nutrition and exercise; developing plans of action
- VI. Managing emotions
- VII. Social support, relationships and communication
- VIII. Clarification of values
- IX. Time management
- X. Money management
- XI. Presentation and practice of a wide variety of relaxation techniques

### **Course Requirements**

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

- a minimum of one oral presentation or formal written paper
- homework assignments: stress assessment, self-reflection papers, relaxation journals, chapter worksheets, supplementary readings, etc.
- a minimum of two examinations
- attendance, active participation in group activities and relaxation sessions

### **Other Course Information**

This course is required in the Health/Fitness and Massage programs, and used as an elective in Health Education and Mental Health and may be used as an elective in other majors as well.