HIBBING COMMUNITY COLLEGE
COURSE OUTLINE

COURSE NUMBER & TITLE:  HLTH 1030:  Stress Management
CREDITS:  3 (3 Lec / 0 Lab)
PREREQUISITES:  None

CATALOG DESCRIPTION:
Stress Management is a course designed to expose students to a holistic approach to managing stress. Principles, theories, and skills needed to effectively manage personal stress will be explored. Both cognitive (coping) skills and a host of relaxation strategies and techniques with the intention to prevent and/or alleviate the symptoms of stress will also be addressed. This course is intended for students interested in applying effective strategies for stress reduction.

OUTLINE OF MAJOR CONTENT AREAS:
1. The Nature of Stress
   A. Definitions of stress
   B. Types of stress
   C. Types of stressors
   D. General adaptation syndrome
   E. Holistic approach to stress management
2. Physiology of Stress
   A. Central Nervous System
      A. Autonomic Nervous System
      B. Endocrine System
3. Theoretical Models of Stress and Disease
   A. Life-Events Theory
   B. Hardiness Theory
   C. Social Support Theory
4. The Stress Emotions
   A. Anger
   B. Fear
5. Stress Prone and Stress Resistant Personalities
   A. Type A through Type D personalities
   B. Hardy personality
   C. Helpless-hopeless personality
   D. Survivor personality
6. Coping Strategies
   A. Cognitive restructuring
   B. Behavior modification
   C. Journal writing
   D. Expressive art therapy
D. Humor therapy  
E. Creative problem solving  
F. Communication skills  
G. Resource management  

7. Relaxation Techniques  
   A. Diaphragmatic breathing  
      A. Meditation  
      B. Yoga  
   B. Yoga  
   C. Mental imagery and visualization  
   D. Massage therapy  
   E. Progressive muscular relaxation  
   F. Autogenic training  
   G. Clinical biofeedback  
   H. Nutrition  
   I. Physical exercise

**COURSE GOALS/OBJECTIVES/OUTCOMES:**  
Students will  
1. Students will define stress and its physiologic and psychological affects on the body, mind, and spirit.  
2. Students will name the three major theoretical models pertaining to stress and disease.  
3. Summarize the interdependence of anger and fear on the stress prone and stress resistant personalities.  
4. Students will explain the importance of cognitive restructuring and behavior modification.  
5. Students will define and explain the various coping strategies such as journal writing, art therapy, humor, creative problem solving, communication skills, and resource management as coping strategies.  
6. Students will demonstrate relaxation techniques such as diaphragmatic breathing, meditation, yoga, imagery/visualization, music, massage, tai chi, muscular relaxation, autogenic training, clinical biofeedback, nutrition, and physical exercise.  
7. Students will create a personalized stress management program.

**MNTC GOALS AND COMPETENCIES MET:**  
N/A

**HCC COMPETENCIES MET:**  
Working Productively and Cooperatively  
Communicating Clearly and Effectively  
Thinking Creatively and Critically

**STUDENT CONTRIBUTIONS:**
Attend class, participate in classroom discussions and activities, adhere to the civility guidelines, meet the established due dates of the coursework, and communicate with the instructor with regard to extenuating circumstances.

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

SPECIAL INFORMATION: (SPECIAL FEES, DIRECTIVES ON HAZARDOUS MATERIALS, ETC.):
The class will involve activities requiring moderate physical activity through participation in various relaxation techniques. Students will be expected to dress appropriately for activity.

| AASC APPROVAL DATE: | January 18, 2017 |
| REVIEW DATE:        | January 2022    |