

## **SYLLABUS: Stress Management**

- 1) Physiology of stress- 2hours
- 2) Social context of stress- 2hours
- 3) Psychology of stress-2 hours
- 4) The effects of stress on health- 2hours
- 5) Stress and Nutrition- 1 hour
- 6) Stress and physical activity- 1hour
- 7) Workplace stress- 2 hours
- 8) Journaling: Healthy Living Through Self-discovery- 2hours,
- 9) Stress Reduction Techniques and Therapies- 2hours,