

# COUN A110: APPLIED STRESS MANAGEMENT

| Item                                                                   | Value                                    |
|------------------------------------------------------------------------|------------------------------------------|
| Curriculum Committee Approval Date                                     | 12/08/2021                               |
| Top Code                                                               | 493010 - Career Guidance and Orientation |
| Units                                                                  | 2 Total Units                            |
| Hours                                                                  | 36 Total Hours (Lecture Hours 36)        |
| Total Outside of Class Hours                                           | 0                                        |
| Course Credit Status                                                   | Credit: Degree Applicable (D)            |
| Material Fee                                                           | No                                       |
| Basic Skills                                                           | Not Basic Skills (N)                     |
| Repeatable                                                             | No                                       |
| Grading Policy                                                         | Pass/No Pass (B)                         |
| Associate Arts Local General Education (GE)                            | • OC Life Skills - Theory - AA (OE1)     |
| California State University General Education Breadth (CSU GE-Breadth) | • CSU E1 Lifelong Understanding (E1)     |

## Course Description

This course is designed to respond to the need to understand and manage personal stress. Symptom identification and management techniques will be emphasized. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Demonstrate an understanding of the nature of stress and the multifaceted contributors to stress in their lives.
2. Create a personalized stress management program to include specific strategies for managing stress in the physical, cognitive, emotional, time managing and interpersonal dimensions of their lives.

## Course Objectives

- 1. Explain the historical development of stress management theory.
- 2. Compare and contrast various models of stress management.
- 3. Describe the effectiveness of various stress management techniques.
- 4. Design and implement a personalized stress management program.
- 5. Identify personal reactions to physical stressors.
- 6. Identify emotional reactions to stressors.
- 7. Identify personal reactions to cognitive stressors.
- 8. Identify and apply best personal time management strategies that provide proactive approach to coping and overcoming challenges of stress.
- 9. Evaluate how interpersonal relationships impact stress.
- 10. Evaluate how occupational settings impact stress.

## Lecture Content

Scientific Foundations Major researchers in the field stress management Historical development of stress management theory Major theories of stress management Categories of stressors Physiology of the Stress Response Major physiological systems involved in the stress response Eustress and distress Fight-or-flight response General Adaptation Syndrome Physiological symptoms of the stress response Relationship between stress and illness/disease Physiological Stress Management Strategies Progressive relaxation and autogenic relaxation techniques Technique of body scanning Stress reducing benefits of exercise Biofeedback Physical aspects of stress Cognitive Stress Management Strategies Stress prone thinking patterns Stress resistant alternative to stress prone thinking patterns Framing as it relates to stress prone thinking Appraisal – primary, secondary, and tertiary Time Management Techniques and Stress management Relationship of values to personal time usage Techniques of effective time management Stress and Interpersonal Relationships Assertive, passive/unassertive and aggressive communications styles Emotions that interfere with assertive responses Personal style as it relates to assertion skills Active listening process Stress and the Workplace Type A and Type B personality patterns as they relate to occupational stress Symptoms of workaholism Stages and prevention of burn-out

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Instructional Techniques

Lecture and application of ideas Demonstration of various stress management techniques Class discussion Individual, paired and small group exercises Video-lectures Internet resources Reflective assignments

## Reading Assignments

Student will spend approximately one to two hours per week on assigned readings provided by instructor and/or textbook.

## Writing Assignments

Students will spend one to two hours per week demonstrating critical thinking skills in written assignments that will include reflections, analyses, evaluations, and applications of stress management theory to each student's personal life situation.

## Out-of-class Assignments

Student will spend approximately one to two hours per week on reflective exercises and assignments. Assignments may include self-assessments and interactive projects.

## Demonstration of Critical Thinking

Students will be evaluated based on: quizzes, skill demonstrations, problem solving exercises, written reports, and classroom participation. Students will evaluate stress and stress management theories. They will also apply and integrate the theories into their own lives. Students will create a proactive stress management plan.

## Required Writing, Problem Solving, Skills Demonstration

Students will reflect(demonstrate) critical thinking skills in written assignments that will include a stress management autopsy, short answer exercises, reflective journals, and a proactive stress management plan. Students will problem solve individually and in small groups to

create solutions for overcoming and managing stress in both their personal and educational lives.

### **Eligible Disciplines**

Counseling: Masters degree in counseling, rehabilitation counseling, clinical psychology, counseling psychology, guidance counseling, educational counseling, social work, or career development, marriage and family therapy, or marriage, family and child counseling, OR the equivalent. (NOTE: A bachelors degree in one of the above listed degrees and a license as a Marriage and Family Therapist (MFT) is an alternative qualification for this discipline.) Masters degree required. Title 5, section 53410.1

### **Textbooks Resources**

1. Required Greenberg, Jerrold. Comprehensive Stress Management, 15th ed. New York: McGraw Hill, 2021 Rationale: Greenberg, Jerrold. Comprehensive Stress Management. New York: McGraw Hill, 2002, latest.