

# COUN C108: APPLIED STRESS MANAGEMENT

Item	Value
Curriculum Committee Approval Date	04/26/2024
Top Code	493011 - Interpersonal Skills
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
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	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

## Course Description

This course covers research-based frameworks and theories of holistic stress management. It explores the mind-body relationship (the psychophysiology) of stress; stressors typically experienced during an individual's college, family and working life; coping skills; and interventions. Topics include: the definition of stress, physiological and psychological effects of stress, the identification of personal stress levels and the understanding of the importance of personal responsibility for health. Numerous evidence-based techniques to manage and cope with stress will also be covered and practiced. Transfer Credit: CSU; UC: Credit Limitations: COUN C104, COUN C105, and COUN C108 combined: maximum credit, 1 course. C-ID: PH 107.C-ID: PH 107.

## Course Level Student Learning Outcome(s)

1. Describe the psychophysiology of stress, the stress response, causes of stress, and the relationship between stress and disease.
2. Identify stressors experienced throughout the life span, with particular emphasis on stressors experienced by college students, and construct interventions.
3. Identify, describe, and practice coping strategies and relaxation techniques such as meditation, imagery, and autogenetic training that contribute to managing life stress.

## Course Objectives

- 1. Define stress from physiological, psychological, sociological, and research-based perspectives.
- 2. Analyze scientific studies on stress and theories about stress-related personalities
- 3. Compare and contrast the sympathetic and parasympathetic responses.
- 4. Describe the physiological effects of stress on the human body systems.

- 5. Describe the effects of stress on mental health and well-being.
- 6. Analyze causes of stress in modern society.
- 7. Describe the health consequences of chronic stress.
- 8. Describe various effective evidence-based stress management techniques.
- 9. Apply various effective evidence-based stress management techniques.
- 10. Design a personal stress management plan.

## Lecture Content

Definitions Stress Stressors Distress Eustress Neustress Stress response Fight or Flight/Alarm Sympathetic nervous system Resistance Parasympathetic nervous system Exhaustion Chronic Stress Relaxation Response Research and Scientific Foundations of Stress Theories of Stress Fight or Flight by Selye Transactional Model by Lazarus Social Support by Spiegel Life Events and Social Readjustment by Holmes and Rahe Relaxation Response by Benson Theories of stress-related personalities and disease Personality Types Physiological Effects Immune System Endocrine System Cardiovascular System Reproductive System Life Situation and Perception and Interventions Mental Effects Sources and causes of stress Biological Emotional Psychological Social/Relational Occupational Financial Coping with a Stressor Intrapersonal Interventions Interpersonal Interventions Time-Management Perception Interventions Chronic Stress Illness and disease Mental Health Disorders Unhealthy coping behaviors Specific Applications to Stress Management Occupational stress Family stress Stress and the college student Diversity and stress Behavior Change Interventions Exercise and health Strategies to decrease stressful behaviors Social support Autogenic Training, Imagery, and Progressive Relaxation Meditation Nutrition Journaling Belief, faith, and prayer Communication Breathing exercises Personal Stress Management Plan

## Method(s) of Instruction

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

## Instructional Techniques

Lecture and application of ideas Demonstration of various stress management systems Class discussion Individual, paired, and small group exercises Internet resources

## Reading Assignments

Assignments in textbook that enhance and support lecture topics. Reading might include professional journal articles, newspaper/magazine articles assigned by instructor or students research.

## Writing Assignments

Written assignments will include reflections, analysis, evaluations, and applications of stress management theory to each students personal life situation.

## Out-of-class Assignments

Create a comprehensive, personalized stress management plan incorporating specific strategies for decreasing the impact of stress in the physical, cognitive, emotional, time managing and interpersonal areas of ones life.

## Demonstration of Critical Thinking

Critical thinking will be demonstrated through written assignments, weekly quizzes, class participation, journals, and final examination/essay.

## Required Writing, Problem Solving, Skills Demonstration

Weekly journals that demonstrate the ability to identify stress-related behavioral patterns. Comprehensive stress management plan that demonstrates the students ability to identify stress triggers and apply appropriate interventions such as meditation, autogenic training, and progressive relaxation techniques. Writing assignments that demonstrate the students ability to describe, analyze, and evaluate techniques for managing stress. Exams/quizzes that demonstrate the students ability to describe and identify the symptoms and sources of stress, and to evaluate and analyze techniques for managing stress.

## 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, 15 ed. New York: McGraw Hill, 2021

## Other Resources

1. Coastline Library including: Print Materials Non-Print Materials  
Online Materials Services 2. OER - Open Educational Resources