

COURSE TITLE: STRESS MANAGEMENT

COURSE CODE: MED CU 1090E

(40 +10) 2 credits

Objectives:

- Understand the concept and nature of stress.
- Understand the types and sources of stress.
- Comprehend the psychological and physiological effects of stress.
- Develop an understanding about individual and cultural differences in stress reaction.
- Understand and learn about the various techniques for managing stress.

Unit I: Introduction to stress and causes of stress

- Concept and nature of stress.
- Types and sources of stress.
- Effects of stress: physiological and psychological.
- Individual and cultural differences in stress reactions.

Unit II: Stress management strategies and prevention techniques

- Psychological techniques for stress management: Reframing, Planning, forgiveness.
- Spiritual techniques for stress management: Mindfulness, Relaxation, Meditation.
- Prevention techniques: Self-care, Life style modification, behavioral /attitudinal change.
- Challenging Stressful Thinking: Problem Solving and Time Management.

References:

- Kottler, J.A. & Chen, D.D (2011). Stress management and prevention: Applications to daily life (2nd Ed) London and New york: Routledge.
- Lazarus, R. and Folkman, S. (1984). *Stress, appraisal, and coping*. 1st Ed. New York: Springer.
- Walsh, R. and Shapiro, S. (2006). The meeting of meditative disciplines and western psychology: A mutually enriching dialogue. *American Psychologist*, 61(3), pp.227-239.
- Folkman, S. (2010). The Oxford handbook of stress, health, and coping. Oxford University: Oxford.
- Olpin, M & Hesson, M. (2015). Stress management for life: A research- based experiential Approach. 4th Edition. Wadsworth publishing. ISBN# 13-978-1305120594.