

3 months certificate Course on stress management

Class hours: 4 hours/ Day

5 days a week

Paper – I Meaning and nature of stress: Difference between eustress and distress; Frustration, conflict and pressure; Meaning of stressors; common stressors at work place: Stressors unique to age and gender.

Paper – II Cognitive appraisal of stress: General adaptation to stress; Consequences of stress; Physiological and psychological changes associated with the stress response. Stress and Memory; Stress and Other Cognitive Variables; Stressful environmental conditions on performance. (4 Hours)

Paper – III Behavioral aspects of Stress: Adaptive and Maladaptive Behaviour. Individual and Cultural Differences: Sources of Stress Across the Lifespan. College and Occupational Stress.

Paper– IV Stress and Work performance: Role of communication in managing stress and work performance: Emotional regulation and coping; Emotional intelligence and conflict management: Emotional Basis and Stress; Stress and Conflict in Relationships. (4 Hours)

Paper– V Strategies of Stress Management and Preparing for future Care of the Self: Nutrition and Other Lifestyle Issues Stress reduction practices: Time management; Exercise; Relaxation techniques; yoga; meditation.