

COURSE TITLE	STRESS MANAGEMENT
COURSE CODE	04AH0106
COURSE CREDITS	2

Course Outcomes: After completion of this course, student will be able to:

- 1 Recall and define key concepts related to stress, including different types of stress and their impact on individuals.
- 2 Explain the physiological and psychological effects of stress on the mind and body.
- 3 Apply stress assessment tools and techniques to evaluate personal stress levels and triggers.
- 4 Analyse different coping mechanisms and resilience-building strategies for managing and reducing stress effectively.
- 5 Design personalized stress management plans integrating a variety of stress reduction techniques and self-care practices tailored to individual needs.

Pre-requisite of course:none

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
2	0	0	50	30	20	0	0

Contents : Unit	Topics	Contact Hours
1	Understanding of Stress Introduction to Stress Definition of stress and its impact on overall well-being Types of stress: acute stress, chronic stress, and their implications, Causes and Triggers of Stress Identifying common sources of stress in personal and professional life, Understanding the role of external factors and internal perceptions in stress, Physical and Psychological Effects of Stress Exploring the physiological responses to stress Recognizing the psychological and emotional impact of chronic stress, Stress Assessment and Management Techniques Stress assessment tools and techniques Strategies for managing and reducing stress levels, including relaxation methods and mindfulness practices	15

Contents : Unit	Topics	Contact Hours
2	Coping Strategies and Resilience Building Coping Mechanisms for Stress Management Developing effective coping strategies for handling stress Establishing healthy habits and self-care practices to combat stress, Resilience Building and Stress Prevention Cultivating resilience to navigate challenges and setbacks Preventative measures for managing stress and promoting mental well-being, Stress Reduction in Different Settings Stress management techniques for the workplace Strategies for reducing stress in personal relationships and daily life, Creating Personalized Stress Management Plans:Developing individualized stress management plans Implementing long-term stress management strategies for sustainable well-being	15
Total Hours		30

Textbook :

- 1 Stress management, J steel, Econo publishing company, 2020
- 2 Stress management, Arun psychologist, notion press, 2021

References:

- 1 Stress management, Stress management, Ronald Nathan , ballantine books, 2004

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
20.00	30.00	25.00	15.00	10.00	0.00