

<b>COURSE TITLE</b>	<b>STRESS MANAGEMENT</b>
<b>COURSE CODE</b>	<b>04MB0229</b>
<b>COURSE CREDITS</b>	<b>2</b>

**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:**NA

#### Teaching and Examination Scheme

<b>Theory Hours</b>	<b>Tutorial Hours</b>	<b>Practical Hours</b>	<b>ESE</b>	<b>IA</b>	<b>CSE</b>	<b>Viva</b>	<b>Term Work</b>
2	0	0	50	30	20	0	0

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
1	<b>Understanding Stress</b> 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

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
2	<b>Coping Strategies and Resilience Building</b> 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
<b>Total Hours</b>		<b>30</b>

**Textbook :**

- 1 Stress management, J steel, Econo publishing company, 2011
- 2 Stress management, Arun psychologist, Notion press, 2010

**References:**

- 1 Stress management, Stress management, Ronald Nathan , Ballantine books, 2011

**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					
<b>Remember / Knowledge</b>	<b>Understand</b>	<b>Apply</b>	<b>Analyze</b>	<b>Evaluate</b>	<b>Higher order Thinking / Creative</b>
10.00	10.00	20.00	20.00	20.00	20.00

**Instructional Method:**

- 1 CLASSROOM TEACHING, CASE STUDY