

Syllabus

Add on Course in Mental Stress Management

(Dept of Education and Dept of Philosophy)

Total contact hour 30

A candidate with a minimum qualification of 10+2 or equivalent from a recognized board is eligible to join this course.

Course Objectives:

As a result of taking this course, students are expected to be able to

- Understand the nature of stress
- Comprehend the psychological and physiological effects of stress
- Understand and learn how to use various techniques and determine the most appropriate method to aid in managing ones reaction to stress

Theories covered by the course

Unit – 1

Understanding Stress:

- i. Introduction to Stress - Meaning, Definition, Eustress, Distress,
- ii. Types of stress: Acute stress, Episodic Acute stress and chronic stress, signs and Symptoms

Unit – 2

Sources of stress:

- i. Psychological, Social, Environmental
- ii. Academic, Family and Work stress

Unit – 3

Impact of stress:

- i. Physiological Impact of stress -Autonomic Nervous System Changes, Changes in Brain, General adaptive syndrome (GAD), Quality of sleep, Diet and Health effects
- ii. Psychological Impact of stress - Impaired Mental functions, Poor memory
- iii. Social Impact of stress - Stressful Life Events, Social support and health

Unit – 4

Stress Response and Coping Mechanisms:

- i. 'Fight or Flight' Response, Stress warning signals BLOCK – II:
- ii. Stress and Coping
- iii. Coping Mechanisms: Appraisal focused, Emotional focused and Problem focused

Unit – 5

Stress Reduction Techniques

- i. Different Stress Reduction Techniques
- ii. Yoga and Meditation

Instructional Procedures:

The class will be taught using two instructional approaches. About 60% of class time will be spent in a lecture format and the other 40% in a seminar format, where discussions will be held, videos watched, audio materials listened to, relaxation techniques demonstrated.

Required Text:

1. Kottler, J. A. & Chen, D. D. (2011). Stress management and prevention: Applications to daily life (2nd Ed.). London and New York: Routledge.
2. Tanner, R. E. S. 2009. Spirituality and Wellbeing. Concept Publishing Company
3. Mamodo. 2017. Meditation for Beginners. Kindle edition
4. Fry, M. D. 2013. The Stress Management and Stress relief. Kindle edition