



STRESS MANAGEMENT

Grade Level: 9, 10, 11, 12

Credit: 0.5 or 1.0

Prerequisite: None

Students in this course will study the physiology of stress and the relaxation responses of the body. They will be provided with opportunities to gauge their own stressors and adaptation techniques and will have chances to learn tools for managing stress. In addition to learning the foundational work done on the study of stress and its effects, students will be able to identify stress in others and to develop programs of stress reduction.

Stress Management Lessons

Lesson 1: What Is Stress?

Lesson 2: The Nervous System

Lesson 3: The Sympathetic Nervous System

Lesson 4: The Parasympathetic Nervous System

Lesson 5: Self-Evaluation

Lesson 6: Body Stress

Lesson 7: Breathing

Lesson 8: Effects of Chronic Stress

Lesson 9: Meditation for Stress Management

Lesson 10: Hans Seyle

Lesson 11: Massage and Bodywork for Relaxation

Lesson 12: Stress in the Press



Lesson 13: Biofeedback

Lesson 14: Guided Visualization / Guided Imagery

Lesson 15: Exercise and Proper Nutrition

Lesson 16: Looking at Stress Objectively

Lesson 17: Create a Total Stress Management Plan

Lesson 18: Personal Essay

Lesson 19: What is Stress? (Re-evaluation)

