

## **UG - SKILL ENHANCEMENT COURSE**

### **STRESS MANAGEMENT SYLLABUS**

#### **BLOCK – I: Understanding Stress**

##### **Unit – 1: Introduction to 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**

- ‘Fight or Flight’ Response, Stress warning signals

#### **BLOCK – II: Stress and Coping**

##### **Unit – 5: Coping Mechanisms:**

- Coping Mechanisms: Appraisal focused, Emotional focused and Problem focused

##### **Unit – 6: Stress Reduction Techniques:**

1. Autogenic Training 2. Biofeedback 3. Relaxation 4. Yoga and Meditation