

**Dr Bhimrao Ambedkar University, Agra**  
**Seth Padam Chand Jain Institute of Management**  
**Value Added Course on Stress Management**

Developed By: Dr Seema Singh

**Duration 30 hours**

**Learning Outcomes:**

1. The students will have clear conception of stress, tension and anger.
2. Understand harmful effects of chronic stress and poor coping skills.
3. They will learn certain techniques of handling stress and anger.
4. They will learn how important it is to take care of them and prevent burnout.
5. Develop better self-perception as effective leader and managerial skills.
6. Develop the ability to perform the various relaxation techniques.

**Objectives of the Course**

1. Understand the nature of stress.
2. Assess individual risk factors as related to stress (behavioural, emotional, physical, spiritual).
3. Understand and learn how to use various coping up strategies.
4. Determine the most appropriate method to aid in managing your reaction to stress.
5. Develop the ability to tap personal strength for preventing stress and achieving meaningful goals
6. Accept the responsibility of taking charge of your own level of stress

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| I. Understanding the nature of stress.                       | 10 Hrs |
| 1. Meaning of Stress   |        |
| 2. The body's reaction to stress.                            |        |
| 3. Sources of stress across the life span.                   |        |
| II. Strategies of stress management and prevention           | 10 Hrs |
| 1. Challenging stressful thinking                            |        |
| 2. Problem solving and time management                       |        |
| 3. Psychological and spiritual relaxation methods            |        |
| 4. Physical methods of stress reduction                      |        |
| 5. Preparing for the future: college and occupational stress |        |
| III. Strategies of synthesis and prevention.                 | 10 Hrs |
| 1. Resilience and stress                                     |        |
| 2. Optimal functioning                                       |        |
| 3. Making changes last.                                      |        |