

Dr. BHIMRAO AMBEDKAR UNIVERSITY, AGRA

Dau Dayal Institute of Vocational Education

VALUE ADDED COURSE

Course Name: Stress Management

Duration: 30 Hrs.

Course Objectives

- To understand the nature of stress and acquire an understanding of both the mental and physical repercussions of stress.
- Evaluate personal risk factors linked to stress.
- To examine behavioral, emotional, physical, and spiritual aspects that contributes to stress.
- To explore and adopt diverse stress management techniques:
- To familiarize yourself with a range of methods and determine the most suitable approach for mitigating your stress reactions and develop the skills necessary to harness your inner resources to ward off stress and accomplish significant goals.
- To embrace the responsibility of managing your own stress levels:
- To acknowledge the role you play in regulating your stress and take proactive steps to maintain a healthy balance.

SYLLABUS

| Module | Contents | Time (Hrs.) |
|------------|--|-------------|
| Module I | Introduction to Stress: Meaning, Definition, Eustress, Distress, frustration, conflict and pressure. The body's reactions to stress. | 7 |
| Module II | Sources of Stress: Psychological, Social, Environmental, Academic, Family and Work stress. | 7 |
| Module III | Strategies of Stress Management: Preventions of stress challenging stressful thinking; Problem Solving and Time Management; Psychological and Spiritual Relaxation Methods; Physical Methods of Stress Reduction; Resilience and Stress; Optimal functioning; Making changes last; Small changes and large rewards. | 8 |
| Module IV | Preparing of the Future: Care of the self: Nutrition and Other Lifestyle Issues: Stress reduction practices: Time Management; Exercise; Relaxation techniques; yoga; meditation. | 8 |