

FAZLANI AISHABAI & HAJI ABDUL LATIF CHARITABLE TRUST'S



# AISHABAI COLLEGE OF EDUCATION ORGANIZES



## COMPREHENSIVE STRESS MANAGEMENT TECHNIQUES AND APPLICATIONS



**Date:** 10th April 2023 - 28th April 2023

**Venue:** MPH

**RESOURCE PERSON**

**DR. JYOTSNA SANGORE**

**PRINCIPAL**

**HARSHA MERCHANT**

# Comprehensive Stress Management Techniques and Applications

## **Course Duration:**

30 Hours

## **Course Objectives:**

- Understand the nature of stress and its impact on physical and mental health.
- Identify personal stressors and their effects on well-being.
- Learn evidence-based stress management techniques.
- Develop personalized stress management plans.
- Apply stress management techniques in various life scenarios.

## **Target Audience:**

This course is suitable for students, professionals, and anyone interested in learning how to manage stress effectively.

## **Course Structure:**

### **Module 1: Introduction to Stress (4 hours)**

- **Session 1.1: Understanding Stress: Definitions and Types (2 hours)**
  - Overview of stress: Acute vs. Chronic
  - Eustress vs. Distress
  - The physiology of stress: The fight-or-flight response
- **Session 1.2: The Impact of Stress on Health (2 hours)**
  - Short-term and long-term effects of stress
  - Stress-related illnesses
  - The mind-body connection

### **Module 2: Identifying Personal Stressors (4 hours)**

- **Session 2.1: Self-Assessment Techniques (2 hours)**
  - Identifying personal triggers
  - Stress diaries and monitoring tools
  - Personality traits and stress

- **Session 2.2: Analysis of Personal Stressors (2 hours)**
  - Categorizing stressors: Work, relationships, financial, etc.
  - Understanding the root causes of stress
  - Case studies and group discussions

### Module 3: Stress Management Techniques (10 hours)

- **Session 3.1: Cognitive Techniques (3 hours)**
  - Cognitive-behavioral approaches to managing stress
  - Thought-stopping and reframing techniques
  - Mindfulness and meditation
- **Session 3.2: Physical Techniques (3 hours)**
  - Exercise and stress reduction
  - Relaxation techniques: Deep breathing, progressive muscle relaxation
  - Nutrition and sleep for stress management
- **Session 3.3: Emotional and Social Techniques (2 hours)**
  - Emotional intelligence and stress management
  - Building resilience and coping strategies
  - The role of social support
- **Session 3.4: Time Management and Goal Setting (2 hours)**
  - Prioritizing tasks and setting realistic goals
  - Balancing work and personal life
  - Techniques to avoid burnout

### Module 4: Application and Practice (8 hours)

- **Session 4.1: Developing a Personal Stress Management Plan (2 hours)**
  - Crafting individualized stress management plans
  - Setting personal goals for stress reduction
- **Session 4.2: Practicing Stress Management Techniques (2 hours)**
  - Group activities and role-playing exercises
  - Practicing relaxation and cognitive techniques
- **Session 4.3: Case Studies and Real-Life Applications (2 hours)**
  - Analyzing real-life scenarios
  - Group discussions on applying techniques
- **Session 4.4: Feedback and Plan Refinement (2 hours)**
  - Reviewing and refining personal stress management plans
  - Peer feedback and instructor guidance

## Module 5: Advanced Topics and Future Directions (4 hours)

- **Session 5.1: Stress Management in the Workplace (2 hours)**
  - Strategies for managing stress in professional settings
  - Organizational interventions
- **Session 5.2: Emerging Trends in Stress Management (2 hours)**
  - The role of technology in stress management
  - Future directions in stress research

### Assessment and Evaluation:

- **Continuous Assessment: 10 hours**
  - Weekly quizzes and self-reflection exercises
  - Group discussions and participation
- **Final Project: 5 hours**
  - Development and presentation of a comprehensive stress management plan
  - Peer review and instructor feedback

### Resources:

- **Reading Materials:**
  - Recommended books and articles on stress management.
  - Access to online resources and tools.
- **Practical Tools:**
  - Stress monitoring apps
  - Guided meditation and relaxation audio files

### Certification:

Participants who complete the course and submit the final project will receive a certificate of completion.