

Stress Reduction for the Busy Student



Description

This class employs discussion of the stress equation, "perceived demands exceed perceived resources". Students will explore strategies to decrease negative thinking and experiences and to increase resources and perception of their own strengths, thus helping to reduce stress. Relaxation techniques and a creative Wellness Self-Assessment exercise will be utilized to further encourage use of personal coping mechanisms, increase sense of control, improve academic performance, and enhance overall quality and enjoyableness of life. The class is held in two ninety-minute sessions, one week apart.

Learning Objectives

At the conclusion of the course, participant will be able to:

1. Utilize Progressive Muscle Relaxation (PMR) as a stress-reduction strategy
2. Define the stress equation
3. Name two ways that stress affects the body
4. Name one way to change perception of demands
5. Name one way to reduce demands
6. Name one way to change perception of resources
7. Name one way to increase resources

Activities

The class will have the opportunity to:

- Learn Progressive Muscle Relaxation
- Discuss the role of perception in the stress equation
- List demands (stressors) in their lives
- Explore and share resources in their lives in a Wellness Self-Assessment exercise
- Discuss ways to positively change each of the four parts of the stress equation
- Practice PMR and change at least one part of their personal stress equation

Incentives

Participants will receive:

- Keepsake art project
- EUSHCS stress kits, including stress balls
- Certificate of completion which can be added to their E-portfolio, contingent on perfect attendance

Empirical Foundation

- The need for this course is based on findings from 2006 Emory NCHA data listing stress as the #1 factor negatively affecting student academic performance.
- The content of the course is based on the stress equation.
- The methods used in this course are expected to be effective because of use of the Social Work Strengths Model and the Cognitive-Behavioral treatment strategy of reframing thoughts in positive ways.
- Other benefits of the course may include increased awareness of how to change the components of the stress equation in order to decrease personal stress, an increased sense of empowerment to make these changes, and increased intent to make and sustain these changes in everyday life.
- The course will be evaluated by pre- and post-assessments using a Likert scale.

Contact

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