

HEA120 : Stress Management for Optimal Health

A comprehensive approach to the subject of stress and its effects on health and disease. Stress concepts are addressed within a holistic framework appreciating the physiological, psychological, emotional, social, and spiritual aspects of individuals. Common physical, intra-personal, interpersonal, environmental, and global stressors are assessed. Current stress interventions are introduced. Emphasis is on integrating knowledge from several disciplines to provide an informed scientific foundation for stress management.

Credits 3

Prerequisites

None. [PSY101](#): General Psychology recommended

Semester Offered

Fall

Spring

Notes

Satisfies an Interdisciplinary Studies general education requirement.