

# Dakota County Technical College

## SMGT 1460: Stress Management and Wellness

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Identify sources, symptoms, and consequences of chronic stress for yourself and your work group. Practice stress prevention techniques to enhance wellness. Develop plans to manage personal stress and minimize workplace stress. Prerequisites: None

**B. COURSE EFFECTIVE DATES:** 04/21/1998 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. align goals with values to reduce stress
2. analyze work and home settings for stressors
3. assess the link among time management, goal setting, and stress
4. assess your stress level
5. define stress
6. describe effects of stress on the body
7. develop a stress relief plan
8. explain diet benefits
9. explain exercise benefits
10. explain relaxation therapy
11. explain stress relieving factors
12. explain the general adaptation syndrome
13. identify stress causes
14. recognize stress symptoms
15. set priorities in home and work life
16. set realistic goals
17. use assertiveness skills
18. use relaxation techniques
19. use stress counseling techniques
20. write a plan for refuting irrational ideas

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted