

HE 207: STRESS MANAGEMENT

INSTRUCTOR: Cindy Falk

CONTACT INFORMATION: falkc@linnbenton.edu office phone: 541-917-4240

OFFICE HOURS: By appointment. You can request a meeting by email and we can set a zoom time or a face-to-face time if preferred.

COURSE OUTCOMES:

1. Explain the elements of the stress response
2. Practice the elements of the relaxation response
3. Assess the symptoms of personal stressors
4. Assess the causes of personal stressors
5. Implement appropriate stress management techniques
6. Monitor and evaluate the effectiveness of stress management techniques
7. Revise stress management techniques to meet personal needs

COURSE PURPOSE:

Research suggests that nearly 86% of all doctor visits are stress-related and that 90% of us deal with stress ineffectively. Stress affects every body-system and leads to disease. The purpose of this course is to teach students the importance of learning and using effective coping skills like basic relaxation techniques to manage personal stress.

COURSE REQUIREMENTS:

Participation – This will come in the form of moodle forums and completion of activity assignments – mostly practicing stress management and relaxation methods.

Assignments – These will be a variety of readings and or videos that you will respond to in some fashion – either written or as a forum.

Journaling – Over the course of the term you will journal your own stressors at least 3 times/week. Research shows that this is one of the most effective ways of dealing with stress, so ideally doing this everyday would be the most beneficial to your health. In your journaling you will discuss stressors, the causes, and your method for managing said stressors. The due dates will vary.

EXAMPLE: identify a stressor you encountered and describe it, explain how you responded to the stressor by listing what you did or how you felt, review how well you think you managed your response to the stressor, what might you do differently next time to deal more effectively with the issue, record something you learned this week that could help you deal with the stressor. This journaling can be done in a multitude of ways. See the suggestions for journaling at the end of the syllabus.

EXAMS:

1. Stress Disease Paper – This paper will detail how stress contributes to a variety of diseases and can be completed in a multitude of ways.

1. You can choose a disease and research how stress contributes to that disease.
2. You can choose a body system (you might have to look these up if you don't know what they are – cardiovascular is one) and discuss how stress acts on that system
3. You can choose an organ (brain, liver, heart) and report on the effects of stress on that organ.

You will need to use at least three (3) sources. See the CRAAP test on the moodle page that details the credibility of sources. The final product will need to be typed, double-spaced and approximately 3-5 pages in length.

2. Optimism – Spirituality Paper – For this assignment you will address either the topic of optimism or that of spirituality in its respective relationship to managing and overcoming stress. You will report the health benefits of practicing either of the topics. You will need to use at least three (3) sources. See the CRAAP test on the moodle page that details the credibility of sources. The final product will need to be typed, double-spaced and approximately 3-5 pages in length

Grading:

100 - 90% = A

80 - 89% = B

70 - 79 % = C

60 - 69% = D

< 60% = F

Accessibility Resources

LBCC is committed to inclusiveness and equal access to higher education. If you have approved accommodations through the Center for Accessibility Resources (CFAR) and would like to use your accommodations in this class, please talk to your instructor as soon as possible to discuss your needs. If you believe you may need accommodations, but are not yet registered with CFAR, please go to <http://linnbenton.edu/cfar> for steps on how to apply for services or call 541-917-4789.

LBCC Comprehensive Statement of Nondiscrimination

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender, gender identity, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. For further information see Board Policy P1015 in our [Board Policies and Administrative Rules](#). To report: linnbenton-advocate.symplicity.com/publicreport

Academic Honesty: Students are expected to be honest and ethical in their academic work. Academic dishonesty is defined as an intentional act of deception in one of the following areas:

Cheating- use or attempted use of unauthorized materials, information or study aids

Fabrication- falsification or invention of any information

Assisting- helping another commit an act of academic dishonesty

Tampering- altering or interfering with evaluation instruments and documents

Plagiarism- representing the words or ideas on another person as one's own

Safety

Safety on our campus and in our communities is everyone's responsibility. By recognizing and reporting behavior at LBCC you believe to be a potential concern, you can help our LBCC community members get the assistance and services they might need. Incidents observed or persons of concern at LBCC can be reported online via [reporting weblink](#) found at <http://www.linnbenton.edu/public-safety-emergency-planning-ehs/lbcc-care-threat-assessment-team> or by contacting LBCC Campus Public Safety office - 541-917-4440 or officer on duty - 541-926-6855 (7x24 cell phone).

Basic Needs:

Any student who has difficulty affording groceries or food, or who lacks a safe and stable place to live, is urged to contact Amanda Stanley, stanlea@linnbenton.edu, 541-917-4877. Students can also meet a Student Resource Navigator in the Roadrunner Resource Center (now located back behind the Advising Center). The navigator can connect students to resources. [Click HERE for a link to their web page.](#)

JOURNAL SUGGESTIONS – Informational Only

PURPOSE: Journaling is documenting in some form (prose, poetry, drawing, music) your thoughts, feelings, memories, perceptions – in other words, self-reflection. Think of it as a process to vent and that your journal is a friendly sounding board. Once this is done, trying to find resolutions to the issues is the objective. For a lot of reasons people have an inability to express their emotions and when this is combined with perceptions, attitudes, and feelings; stress, behavioral issues, and physical illnesses can be the result. Research suggests that journaling is the most effective coping skill in times of stress. It is used as a technique to clear the mind of thoughts. Having written thoughts down, it is easier to let them go and make way for renewed energy. The process of writing has a calming effect. Research has also shown that journaling is great for the physical body too – multiple studies noted that when people uncover or discover unresolved feelings and emotions, their immune systems become stronger. HOW COOL IS THAT! In addition, some other revelations include:

- decreased blood pressure
- decreased cholesterol levels
- decreased stress levels
- increased healing in the grieving process
- increased ability to cope with life events

APPS FOR JOURNALING: If you are a techie and would prefer an app for journaling, these could be a resource. I DO NOT KNOW anything about any of them

<https://zapier.com/blog/best-journaling-apps/#diarium>

<https://dayoneapp.com/features/>

<https://www.shape.com/lifestyle/mind-and-body/best-journal-apps>

TYPES OF JOURNALING:

- Prose
- Poetry
- Art
- Music
- Unsent letters
- Dream
- Gratitude

TIPS FOR JOURNALING:

Buy a notebook to call your own (it's private) – great to do with kids too, they can have their own - the physical act of writing with a pen or pencil or markers is the best method for journaling.

Center yourself before you begin – RELAX and BREATHE

Playing relaxing music will relax the mind and you will typically write with more clarity

Label your entries with the day, date, and year

Uncensored and honest feeling– write what comes to mind without editing your thoughts and don't worry how your writing appears

Be spontaneous and use variety when journaling– let your thoughts free flow, it doesn't have to be a complete sentence: if you get stuck, doodle, draw, make lists

Have a QUIET space designed just for your writing – desk, outdoors

The time of day doesn't usually matter, sometimes the end of the day frees the mind better for rest

Shoot for 15-20 minutes 3 times per week

SUGGESTIONS TO BEGIN WRITING:

Try to identify concerns or problems that cause the most frustration or tension

Ask yourself what emotions are surfacing when these stressors arise

Suggest a resolution to the issue

When you don't know where to begin, start with just making lists of things going through your head, then go back and add detail to each item