



Learner Achievement Verification

This is to certify that the management of Alison has decided to award Amitesh Kumar living in India the certificate of completion in Introduction to Stress Management.

Learner Details



Name: Amitesh Kumar

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Country: India



Course and Result



Score
96%

Study Time
1:15:45

Introduction to Stress Management

This course will first discuss stress and its causes. You will learn that stress is a stimulus, stress reactivity is a response, and strain is the outcome of a stress reactivity. You will learn the common sources of stress and the types of stress people experience, which may be biological, environmental, psychological, philosophical, and sociological.

Modules Studied

Module 1: Introduction To Stress

Module 2: Stress And Personality

Module 3: Course assessment