

Course Title: How to manage your Stress levels

Course code: CORSOFI019



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Creation/Revision Date	Creation Date: 1 st September, 2015
Version	1.1

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Document Revision History

Version	Date	Author(s)	Reviewer(s)	Description
1.0	1 st September, 2015	Anjali Amolic	Joozar Shukla Hastak	
1.1	3 rd September, 2015	Anjali Amolic	Joozar Shukla Hastak	

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Course Title: How to manage your stress levels
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1. Course Summary

Aims and Summary: (Description)

Changing economic times have us pulled in multiple directions. The pressures and demands between work and personal life are blurred. As a result, the consequences of stress in the workplace come from what is happening to each of us both on and off the job.

It is important for one to understand why one feels stressed, what are the major stressors and how is it affecting us. However, the most important question to be answered is:

Is Stress always bad?

Come with us on this course journey to understand the difference between constructive and destructive stress & symptoms and results of negative stress & how is it costing organizations and its people.

This course aims at helping individuals identify various causes and effects related to stress in their personal and professional lives. It also taps into stressors that can be managed and changed to build healthier coping mechanisms.

2. Learning Objectives

The course aims at helping the participants:

1. Knowing their stress quotient
2. Identifying various stressors
3. Understanding the causes and common sources of workplace stress
4. Recognizing the impact of stress on work life
5. Building coping mechanisms to overcome stress
6. Practicing stress management

3. Course Content / Syllabus

Unit 1: Knowing your stress quotient

1. Case study

Unit 2: Understanding stress

1. What is stress
2. Types of stress
3. Causes of stress
 - a. Internal sources of stress

b. External sources of stress

Unit 3: Common sources of workplace stress

1. Factors that contribute to workplace stress
2. Causes of workplace stress
3. Impact of stress on work life

Unit 4: Building coping mechanisms

1. Short – term de-stressing mechanisms
2. Long – term de-stressing mechanisms

Unit 5: Stress as Eustress not Distress

1. Tips to sustain eustress levels

1. Course Structure

Activity	Indicative Hours
Lectures	3
Tutorials / Assignments	1
Lab Sessions / Hands on	
Mock Projects	
Videos	
Post Assessment – Case Study	

2. Method Assessment

Assessments	Indicative Hours	Weightage	Mapping to Learning Objectives						
			1	2	3	4	5	6	7
Lab Sessions/Hands on Exam	3		X	X	X	X	X	X	
Multiple Choice questionnaire/ Fill in the blanks/ Case Study	1		X	X	X	X	X	X	NA
Mock Projects									

3. Course Resources

1. Video: De stress yourself
2. Handouts

4. Recommended Reading

1. Saundra . K. Ciccarelli (2004): Psychology
2. Stress Management: A Practical Guide to Stress Management - Relax and Enjoy Life: Stress Relief and Stress Management Techniques – Nathan Bellow
3. The Big Book of Stress Relief Games – Robert Epstein

5. Lab Resources

1. NA

6. Course Leaders with Mail ID

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