

## PE 130 STRESS MANAGEMENT ACTIVITY

Spring, 2001

Dr. England, 4-8350

Office Hours: I arrive on campus at 10:15 a.m. on Monday, Wednesday, and Friday. On Tuesday and Thursday, I arrive on campus at 9 a.m. I am usually on campus until 4 p.m. Please come visit any time I am not teaching or in a meeting. You may wish to call to make sure I'm in before you come. I have classes on MW at 8, 1, and 2-3:15. On TTH I am in class at 9:30 and 12:30. On Friday I am in class at 8 and 1. You are welcome to come anytime, or, if you prefer, you may make an appointment to see me.

email: penglan@emory.edu or type Penny England for LearnLink.

### ***Overview:***

Each person perceives life from a unique perspective. Stress is managed from that unique perspective. The purpose of this class is to assist each individual in reaching a greater awareness of perspectives. Such awareness is achieved through individual practice.

Practice simply means that we are striving toward a goal. We practice our tennis game. We practice piano. We practice mathematics problems. We practice writing. The activities in this class are designed for the practice of self-awareness. Such practice must be done within our own minds, in the solitude of our selves.

Yet, when it is done in community, other aspects of awareness are attained. I ask you to help create an environment in this classroom which is conducive to the practice of self awareness. We will create together a community of silent seekers of awareness. Only you who practice will be able to appreciate what the others in the community are practicing. You will know the solitude and discipline of mind which the practice requires of yourself and others.

The format for each class is:

1. Meditation/personal thinking.
2. You discuss the homework assignment or respond to my short lecture.
3. I teach relaxation techniques.
4. You practice relaxation techniques.

***Text:*** Handouts distributed in class; Stone, Patton, Heen, Difficult Conversations: How to Discuss What Matters Most

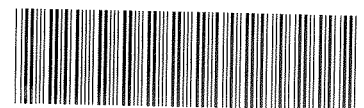
### ***Course Objectives:***

1. practice stress management techniques which feature mind/body awareness
2. practice effective time management
3. practice effective communication

Physical activities for this class include mild to intense movement, and routines for improving flexibility. If there is any medical condition which would cause you undue risk or prevent your full participation in such activity, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, have your physician FAX (770/784-4677) a letter stating the nature of your limitation(s) and) recommendations for physical activities you can use to achieve the objectives of this course as listed above.

***Class Participation:*** This is a participation class. It is important that you contribute/participate fully during each class. If you do not feel well enough to participate in class physical activity, you should attend class prepared to take notes, and give your commentary on activities of the day. Turn those notes in to me at the end of that class period. If you miss more than two classes FOR ANY REASON (including sickness, religious holidays, doctor/lawyer appointments) **fifty points per overcut will be**

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**deducted from your final grade.** THERE ARE NO MAKE-UPS FOR ANY CLASSES, WRITTEN OR SKILLS TESTS, PAPERS, OR HOMEWORK EXCEPT UNDER VERY UNUSUAL CIRCUMSTANCES. If you experience such unusual circumstances you must speak with me in a timely manner (within the week) in order for exceptions to be made in this policy. If you arrive after roll is called, see me AT THE END OF THAT CLASS to initiate a change in your recorded absence.

**Dress code:** You may wear **athletic shoes only** while participating in this class. Clothing, hair, or jewelry should not distract or restrict movement.

**Grading:**

200 points Two Written Tests from Difficult Conversations, class material, and handouts

100 points LearnLink class conference responses to class discussions  
Moving Relaxation Activities

100 points 1. back strengthening routine

100 points 2. the magnificent seven

100 points 3. yoga--Sun salutation

100 points 4. tai chi chuan warm-up and forms

300 points 5. personal moving meditation, with written meditation

Extra credit points: Points may be added to your final grade for superior demonstration of focus, exceptional participation in class physical activities, reflective contributions to class discussion using good communication techniques, and thoughtful one minute papers.

**Fifty points will be added to your final grade if you have missed NO classes.**

Grading Scale A=>899 points; B=800-899; C=700-799; D=600-699

**Agreement to Participate:** All students are required to read and sign the Agreement to Participate Form prior to the first day of activity.

**The Honor Code is based on the fundamental expectation that every person in Oxford College will conduct his or her life according to the dictates of the Honor Code and will refuse to tolerate actions in others which would violate the Honor Code.** I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a skills test, a written test or quiz, or make a LearnLink entry for this class you are under the dictates of the Honor Code.

From Steven R. Covey, The Seven Habits of Highly Successful People, Principles of Personal Management.

The successful person has the habit of doing the things failures don't like to do. They don't like doing them either necessarily. But their disliking is subordinated to the strength of their purpose. From E.M. Gray, The Common Denominator of Success.

You have to decide what your highest priorities are and have the courage to pleasantly, smilingly, nonapologetically to say "no" to other things. And the way you do that is by having a bigger "yes" burning inside.

The key is not to prioritize what's on your schedule, but to schedule your priorities.

Time management is really a misnomer, the challenge is not really to manage time, but to manage ourselves.

Stress Management TTH Calendar, Spring, 2001 England	
Dates	Class Activity
<b>January, 2001</b>	
Tuesday, 30	Meditation/Magnificent 7, back, Sort out the three conversations
<b>February</b>	
Thursday, 1	Why People Procrastinate, Procrastination
Tuesday, 6	
Thursday, 8	No class
Tuesday, 13	Morita Therapy, Personal Value System, Goal setting, Verbal assertiveness, Anger Management
Thursday, 15	
Tuesday, 20	Communication through end
Thursday, 22	<b>Back Routine Due</b>
Tuesday, 27	Midterm review
<b>March</b>	
<b>Thursday, 1</b>	<b>Midterm Written Test:</b>
Tuesday, 6	Chapter 2
Thursday, 8	Chapter 3
Monday-Friday, 12-16, Spring Break	Rest and relaxation
Tuesday, 20	Chapter 4, <b>Sun Salutation Due</b>
Thursday, 22	Chapter 5
Tuesday, 27	Chapter 6
Thursday, 29	Chapter 7
<b>April</b>	
Tuesday, 3	Chapter 8
Thursday, 5	Chapter 9
Tuesday, 10	Chapter 10, <b>Tai Chi Due</b>
Thursday, 12	Chapter 11
Tuesday, 17	Chapter 12, <b>Magnificent Seven Due</b>
Thursday, 19	Review for final, <b>Personal Moving Meditation Due</b>
<b>Tuesday, 24</b>	<b>Final Written Test:</b>
Thursday, 26	Class evaluation
<b>May</b>	
Tuesday, 1	
Wednesday, 2	Reading Day

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