

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HLT 210

Credits: 2

Course Title: Workplace Stress Management

Course Description (as it should appear in the catalog)

Provides an understanding of the multi-dimensional impacts of stress and its manifestation in the workplace. Explores specific strategies for eliminating, changing, and managing stressors in the workplace. Lecture 2 hours per week.

General Course Purpose

This course satisfies the college's personal wellness general education requirement.

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- 1) Identify basic concepts, terminology, and areas of study in workplace stress and relaxation management
- 2) Describe the intimate internal connections between the body, the intellect, emotions, spirit and the workplace
- 3) Explain how stress is manifested in the workplace
- 4) Outline the possible influences both the stress and relaxation responses have on the functioning of body/intellect/emotion/spirit and socio-environmental relationships within the workplace
- 5) Describe the holistic relationships between an individual and workplace socio-environmental dimensions
- 6) Explain ways in which stress hinders workplace productivity and relationships
- 7) Compare and contrast the diversity of attitudes, values, beliefs, and practices surrounding the management of stress within the workplace
- 8) Differentiate between healthy and unhealthy stress management and relaxation styles
- 9) Discuss stress management strategies to decrease the negative effects of workplace stress

Major Topics to be Included

1. The nature of stress
2. Paradigms for understanding human nature, subtle anatomy, and stress
3. Body, intellect, emotions, spirit and workplace relationships
4. Workplace socio-environmental factors
5. Stress response – physiology and psychology
6. Cultural differences
7. Gender differences (“fight,” “flight,” and/or “tend-and-befriend”)
8. Lifestyle and coping mechanisms

Effective Date of Course Content Summary (Month, Date Year): August 22, 2011