HESM 287 – Stress Management

You’ve probably read and heard much about the impact of stress on the psychological and physiological function of the body.

But, do you fully understand what the response is, how it is initiated and how it can be managed as part of your daily routine to minimize its impact on various illness-related problems like headaches and anxiety, to name a few?

Learning about and understanding the stress response and function via the brain, nervous system, endocrine system, gastro-intestinal system, and the cardiovascular system will provide a foundation for you to explore various forms of prevention and intervention strategies to reduce personal stress and to allow you to even help those around you to do the same.

Whether a part of your degree program, and/or for personal development and health and well-being, this course will provide you a detailed understanding of the concept of stress, stressors and stress reactivity and management in a fun, active and interactive manner.