

VME03 – STRESS MANAGEMENT

COURSE OBJECTIVES:

- Understand the concept, causes and effects of stress.
- Identify stress factors in personal and academic life.
- Learn relaxation and stress control techniques.
- Improve mental health and productivity.

COURSE OUTCOMES:

- Identify sources and symptoms of stress.
- Apply stress management techniques.
- Improve work-life balance.
- Develop healthy lifestyle habits.

SYLLABUS

UNIT I – Introduction to Stress (05)

Definition – Types of Stress – Causes – Symptoms – Stress and Performance.

UNIT II – Sources of Stress (06)

Academic Stress – Work Stress – Social Stress – Environmental Stress – Impact on Health.

UNIT III – Stress Management Techniques (07)

Relaxation – Breathing – Meditation – Yoga – Mindfulness – Exercise – Positive Thinking.

UNIT IV – Time and Lifestyle Management (06)

Time Management – Goal Setting – Prioritization – Work Life Balance – Healthy Lifestyle.

UNIT V – Coping Strategies (06)

Coping Mechanisms – Resilience – Anger Management – Communication Skills.

TOTAL: 30 PERIODS

TEXTBOOK:

Brian Luke Seaward, Managing Stress: Principles and Strategies for Health and Well-being.

REFERENCE BOOK:

Karl Albrecht, Stress Management, Prentice Hall.