

C-ID Descriptor

Stress Management and Health

Descriptor Details

- **Descriptor Title:** Stress Management and Health
- **C-ID Number:** 107
- **Units:** 3
- **Date of Last Revision:** 9/16/2025 04:26:00 PM PDT

General Description

This course covers theoretical and research-based frameworks of stress, stress response, and stress management techniques. Topics include the definition of stress, physiological and psychological effects of stress, sources and causes of stress, and health consequences of chronic stress. Numerous evidence-based techniques to manage and cope with stress will also be covered and practiced.

Prerequisites

No information provided

Corequisites

No information provided

Advisories

English, one level below transfer (i.e., eligibility for English composition (C-ID ENGL 100) and reading a course with an exiting skill of ability to read a college level text.

Content

1. Definitions
 - a. Stress
 - b. Stressors

1. Real or imagined
2. Psychosomatic response
- c. Distress
- d. Eustress
- e. Stress response
 1. Fight or Flight/Alarm
 - a. Sympathetic nervous system
 2. Resistance
 - a. Parasympathetic nervous system
 3. Exhaustion
- f. Chronic stress
- g. Relaxation response
2. Researchers and scientific studies
 - a. Homeostasis by Cannon
 - b. Fight-or-Flight by Selye
 - c. Transactional Model by Lazarus
 - d. Cardiovascular, Social Support by Ornish
 - e. Social Support by Spiegel
 - f. Psychoneuroimmunology (PNI) by Ader and Cohen
 - g. Psychoneuroimmunology (PNI) and Neuropeptides by Pert
 - h. Tend and Befriend and gender differences by Taylor
 - i. Life Events and Social Readjustment by Holmes and Rahe
 - j. Relaxation Response by Benson
3. Theories of stress-related personalities and disease
 - a. Type A behavior by Friedman and Rosenman
 - b. Type C personality by Temeshok
 - c. Type D personality by Denollet
4. Physiological effects
 - a. Immune system
 - b. Endocrine system
 - c. Cardiovascular system
 - d. Reproductive system
5. Mental effects
 - a. Difficulty concentrating
 - b. Forgetfulness
 - c. Confusion
6. Sources and causes of stress
 - a. Biological
 - b. Emotional
 - c. Psychological
 - d. Social/Relational
 - e. Occupational
 - f. Financial
7. Chronic stress

- a. Immunocompetance
 - 1. Illness and disease (not limited to)
 - a. Cardiovascular disease
 - 1. Hypertension
 - 2. High cholesterol
 - 2. Cancer
 - 3. Diabetes
 - 4. Endocrine dysfunction
 - 5. Muscular dysfunction
 - 6. Sexual dysfunction
 - 7. Chronic fatigue
 - 8. Cold and flu
 - b. Mental health disorders (not limited to)
 - 1. Depression
 - 2. Anxiety
 - 3. Panic attacks
 - c. Unhealthy coping behaviors (not limited to)
 - 1. Alcohol
 - 2. Tobacco/Vapes
 - 3. Other drugs
 - 4. Overeating/Undereating
- 8. Evidence-based stress management techniques
 - a. Time management
 - b. Social support
 - c. Imagery/Visualization
 - d. Biofeedback
 - e. Meditation
 - 1. Wakeful hypometabolic integrated response
 - f. Progressive relaxation
 - g. Mindfulness
 - h. Exercise
 - i. Nutrition
 - j. Acupuncture
 - k. Massage
 - l. Deep breathing
 - m. Belief, faith and prayer
 - n. Communication
 - o. Journaling
- 9. Personal stress management plan

Lab Activities

No information provided

Objectives

At the conclusion of this course, the student should be able to:

1. Define stress from physiological, psychological, sociological, and research-based perspectives.
2. Analyze scientific studies on stress and theories about stress-related personalities.
3. Compare and contrast the sympathetic and parasympathetic responses.
4. Describe the physiological effects of stress on the immune, endocrine, reproductive, and cardiovascular systems.
5. Describe the effects of stress on mental health and well-being.
6. Analyze causes of stress in modern society.
7. Describe the health consequences of chronic stress.
8. Describe various effective evidence-based stress management techniques.
9. Apply various effective evidence-based stress management techniques.
10. Design a personal stress management plan.

Evaluation Methods

May include:

Exams

Quizzes

Written Assignments

Projects

Textbooks

Seaward, Brian Luke, PhD., *Essentials of Managing Stress*.

Seaward, Brian Luke, PhD., *The Art of Peace and Relaxation Workbook*.