
SECTION HEADING

HLTH 1130: Stress Management and Relaxation

Description

Stress Management and Relaxation provides a foundation for understanding the role of stress in the modern human condition. Mind/Body/Spirit interrelationships and the emerging sciences of psychoneuroimmunology and subtle anatomy will be introduced. Experiential exploration of numerous coping skills and relaxation techniques is emphasized.

Credits

3

Prerequisite

STSK 0095 or placement by multiple measures

Credit Details

Lecture: 3

Lab: 0

OJT: 0