

SOUTHEAST COMMUNITY COLLEGE
HEALTH SCIENCES DIVISION
HUMAN SERVICES
Revision Date: 11/2023

I. CATALOG DESCRIPTION

Course Number:	HMRS 1355
Course Title:	Stress Management and Self Care in Human Services
Prerequisite(s):	None
Catalog Description:	Students will develop an understanding of the signs, symptoms and causes of burnout and secondary traumatic stress in Human Services field. Methods used to prevent and manage stress and increase relaxation. Students will increase their awareness of their own self care needs.
Credit Hours:	3
Class Hours:	45
Lab Hours:	0
Total Contact Hours:	45

II. COURSE OBJECTIVES: *Course will:*

1. Inform the student about the four basic sources of stress, explain acute and chronic stress, and identify the three categories of stressors.
2. Expose the student to techniques and strategies to increase resiliency and alleviate stress.
3. Apply a variety of principles for self-care for helping professionals.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES:

A. STUDENT LEARNING OUTCOMES: *Student will be able to:*

1. Define and explain stress, and state the four basic sources of stress.
2. Distinguish the difference between acute and chronic stress, and identify the three categories of stressors.
3. Assess a variety of principles and strategies for health and well-being
4. Apprise their current stressors, construct a personal stress management plan, journal the progress, and analyze the results.
5. Apply concepts of new coping skills and relaxation techniques.

B. GENERAL EDUCATION LEARNING OUTCOMES

GELO #3: Critical Thinking and Problem Solving

Synthesize information to arrive at reasoned solutions to problems.

GELO #6: Career and Life Skills

Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.

IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information*)

A. Physiological/Psychological Impacts of Stress

- B. Wellness/Burnout and Compassion Fatigue
- C. Secondary Trauma in Helping Professionals
- D. The Effect of Trauma on Health Resiliency
- E. Action Plans/Management Principles
- F. Body awareness/Breathing
- G. Types of Meditation
- H. Cognitive Reframing
- I. Work-stress management
- J. Nutrition
- K. Exercise/Yoga/Tai Chi

V. INSTRUCTIONAL MATERIALS

A. Required Text(s):

Seaward, Brian Luke, *Managing Stress, Principles and Strategies for Health and Well Being*, current edition, Jones and Bartlett Learning

VI. METHODS OF PRESENTATION/INSTRUCTION

A. Methods of presentation typically include a combination of the following:

1. Lecture, discussion, videos, demonstration, re-demonstration

VII. METHODS OF EVALUATION

- A.** Methods of evaluation typically include a combination of the following: a combination of assignments, quizzes, exams, projects, skills display check offs, etc. For grading expectations please see the Course Information Document.

SCC STANDARD GRADING SCALE POLICY:

A+	95-100	C+	75-79
A	90-94	C	70-74
B+	85-89	D+	65-69
B	80-84	D	60-64
		F	Below 60

VIII. SPECIFIC COURSE REQUIREMENTS:

Requires a grade of "C" or above to meet graduation requirements for the Human Services Program.