HE 207 Stress Management
Linn-Benton Community College
Department of Health and Human Performance
Winter 2010, T/R 1:00-2:20 pm

Instructor: Kristi Murphey, ABD, MS  Office Location: AC 109
E-mail: kristi.murphey@linnbenton.edu  Office Hours: MW 10:00 am-11:00 am,
Office Phone: (541) 917-4246             TR 11:00 am – 12:00 noon.

Course Description:
This course provides students with the theoretical and scientific basis for the various components of stress, the stress response and the relaxation response. The student will learn how to recognize and cope appropriately with physical, occupational, social, school, and environmental stressors. The course emphasizes achieving lifestyle balance and shows students how to develop and practice physiologic relaxation techniques and stress reduction methods.

Course Materials:

Course Objectives:
1. To understand the holistic nature (mind-body-spirit) of stress management, and comprehend the mind-body connection of the stress and disease process.
2. To begin to master the basic understanding of the physiological mechanisms responsible for the fight or flight response and subsequent manifestations of various symptoms of target organ dysfunction.
3. To understand the importance of utilizing effective coping skills to resolve stressful perceptions and gain a sense of wholeness and inner peace by using these skills.
4. An introduction to a host of several relaxation techniques and to learn to integrate these techniques into your daily living habits to help control stress and tension, including your ability to use mental imagery in conjunction with several relaxation techniques.
5. To participate in all classroom discussions and relaxation techniques.

Course Comments:
1. **I do not accept any assignments in the form of an email attachment.** If you want to send files electronically, you must do so through your Moodle site.
2. Out of respect for your classmates and myself, no cell phones, BlackBerry Devices, iPods, or MP3 players in class. Please turn off all electronics before class.
3. Assignments should be typed, double-spaced, in 12-point font (Arial or Times New Roman) and checked for grammar, spelling, and structure.
4. I do accept late assignments; they will decrease in point value 10% for each day it is late. No assignment will be accepted one week after the deadline. If you have any questions regarding this policy please let me know.
5. Students are expected to be honest and ethical in their academic work. Academic dishonesty is defined as an intentional act of deception in one of the following areas:
   - Cheating – use or attempted use of unauthorized materials, information or study aids
   - Fabrication – falsification or invention of any information
   - Assisting – helping another commit an act of academic dishonesty
   - Tampering – altering or interfering with evaluation instruments and documents
   - Plagiarism – representing the words or ideas of another person as one’s own
6. You should meet with your instructor during the first week of class if
   - you have a documented disability and need accommodations,
   - your instructor needs to know medical information about you, or
   - you need special arrangements in the event of an emergency.
If you think you may need accommodation services, please, contact Disability Services, 917-4789.
Evaluations:
Reflective Writings (9 x 10 pts) 90 points
Chapter Summaries (18 x 10 pts) 180 points
Journal with Log 60 points
Quizzes (3 at 50 each) 150 points
Final Exam 100 points
TOTAL 580 points

Participation: Attendance and participation are both expected in this class. I encourage your participation by sharing your ideas, thoughts, and experiences on class topics and by joining in when we learn relaxation techniques. Participation points come in the form of in-class activities and cannot be made up if you are absent that day.

Reflective Writings: You are to write a minimum of one page typed response to the topic. These are due weekly.
You must write about:
- Top Ten Stressors: what are your top ten stressors? List and discuss. The best way to get a handle on the cause of your stress is to identify exactly what is bothering you.
- Who Am I? Think about who and all you really are. What roles do you play? (student, roommate, partner, parent, child, etc.) and what are your major roles? What makes up your current identity and what do you identify and/or associate yourself with?

The remaining seven you may select from the list given in class (a copy can be found on Moodle).

Chapter Summaries: For chapters 1-18: after each chapter assigned in class, you are to choose the five most important concepts you learned from each chapter. List each concept and briefly explain the concept in a short paragraph (numbering each concept), and discuss why you feel each concept is important.

Activity Log and Journal: As part of the class, not only should you learn relaxation and stress reduction techniques, but you should also practice them. While stress management is a daily activity, for the purpose of the class, you only need to record activities 3 times a week. You must try at least 5 different techniques. You will also write a thoughtful journal entry/reflection for each activity. These entries/reflections should be at least 1 paragraph per entry.

Quizzes: There will be three quizzes throughout the term that consist of multiple choice, T/F, fill-in-the blank, and short answer questions. Each quiz will cover new material not on a previous quiz.

Final Exam: Your final exam will be worth 100 points and will be cumulative essay format. It is a take-home exam and will be handed out the 9th week of classes. The exam is due on March 16, 2010 by 3:00 pm. A grading rubric can be found on your Moodle site.

To Access Moodle: To access the website all you have to do is go to http://http://elearning.linnbenton.edu/and select “create” a new account. Your log on ID is your “xo” number (keep in lowercase letters) or, if you are dual enrolled, your OSU “930” number. If you are new to Moodle, your password will be “change me”. Once you are in, you will be prompted to come up with a new password. Next, scroll down the page to “Course Categories” and click on “Health and Human Performance” and select this class (HE207_KM_2-1). After I receive your request, I will pull you into the course. There are instructions on the first page for this class.
# Tentative Course Calendar

The instructor reserves the right to change this course calendar as needed. No book chapters or tests will be added.

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<th>Topic</th>
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<th>Work Due</th>
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| **Scientific Foundations**   | January 5,7| Course introduction  
What is stress?  
Readings: Chapter 1    |                                                              |
|                              | January 12, 14 | Stress Psychophysiology  
Stress and Illness/Disease  
Readings: Chapters 2&3 | Reflection 1 and Chapter Summary 1 Due Thursday |
| **Life-Situation and Perception Interventions** | January 19,21 | Intervention  
Life-Situation Interventions: Intrapersonal  
Readings: Chapters 4 & 5 | Quiz 1: January 19  
Reflection 2 and Chapter Summaries 2-3 Due Thursday |
|                              | January 26, 28 | Life-Situation Interventions: Interpersonal Perception Interventions  
Readings: Chapter 6 & 7 | Reflection 3 and Chapter Summaries 4-5 Due Thursday |
|                              | February 2,4 | Spirituality and Stress  
Readings: Chapter 8 | Quiz 2: February 2  
Reflection 4 and Chapter Summaries 6-7 Due Thursday |
| **Physiological Arousal and Behavioral Change Interventions** | February 9,11 | Physiological Arousal Interventions  
Strategies for Decreasing Stressful Behaviors  
Readings: Chapters 12 & 13 | Reflection 5 and Chapter Summary 8 Due Thursday |
|                              | February 16,18 | Diversity and Stress  
Occupational Stress  
Readings: Chapters 14 & 15 | Reflection 6 and Chapter Summaries 12-13 Due Thursday |
| **Specific Applications**    | February 23,25 | Stress and the College Student  
Family Stress  
Readings: Chapters 16 & 17 | Reflection 7 and Chapter Summaries 14-15 Due Thursday |
|                              | March 2, 4 | Stress and the Elderly  
Readings: Chapter 18 | Quiz 3: March 2  
Reflection 8 Chapter Summaries 16-17 Due Thursday |
| **Relaxation Techniques**    | March 9,11 | Meditation  
Autogenic Training and Progressive Imagery  
Other techniques  
Readings: Chapters 9-11 | Reflection 9 and Chapter Summaries 9, 10, 11, and 18 due Thursday |
| **Final Exam**               |            |                                                                    | Final Exam: Due Tuesday, March 16, 2010 by 3:00 pm |