

VALUE ADDED COURSE

COURSE MATERIAL

Programme code:	MSW	Programme Title :	Master of Social Work	
Course Code:	23PSWVA1	Title	Batch :	2023-2025
Hrs/Week:	2	Stress Management and Coping skills for Effective Leadership	Credits:	2

Course Objectives

- To develop the students ability to deal with stress
- To enable the use of coping techniques to manage stress.
- To have a proper understanding of stress and its related impacts.

Course Outcomes (CO)

K1	CO1	Recall the basic concepts and facts on stress
K2	CO2	Understand and recognize the problem of stress
K3	CO3	Solve the stress related problems using coping techniques.
K4	CO4	Examine the causes and sources of stress
K5	CO5	Appraise the coping mechanism to manage stress.

Syllabus

Unit	Content	Hours
Unit I	Introduction to stress: Meaning, Definition, Eustress, Distress, Types of stress: Acute stress, Episodic Acute stress and chronic stress, signs and Symptoms	10
Unit II	Sources of stress: Psychological, Social, Environmental, Academic, Family and Work stress. Physiological, Psychological and Social Impact of stress. Stress Response: 'Fight or Flight' Response, Stress warning signals.	10
Unit III	Stress and Coping: Coping Mechanisms: Appraisal focused, Emotional focused and Problem focused. Stress Reduction Techniques: 1. Autogenic Training 2. Biofeedback 3. Relaxation 4. Yoga and Meditation	10
	TOTAL	30

Books for Study:

- Greenberg, Jerrold, S. Comprehensive Stress Management. NY: McGraw-Hill, latest edition.

Books for References:

- Lehrer, P. M., Woolfolk, R. L., & Sime, W. E. (2007). Principles and practice of stress management (3rd ed.). New York, NY US: Guilford Press
- Kabat-Zinn, J. (1990). Full catastrophe living: Using the wisdom of your body and mind to face stress, pain and illness. New York, NY: Dell.
- Seaward, Brian Luke. Stress Management Workbook. (4) Stress Reduction Workbook and CD.
- Sapolsky, R. (1998). Why zebras don't get ulcers: an updated guide to stress, stress-related diseases and coping (2nd ed.). New York: W. H. Freeman.
- Shapiro, S.L. & Carlson, L.E. (2009). The art and science of mindfulness: integrating mindfulness into psychology and the helping professions. Washington D.C.: APA Books.