HW410 Stress: Critical Issues in Management and Prevention

Stress Management and Prevention Program Resource Guide

Stress Management and Prevention Program Resource Guide

By

Student Name

HW410: Stress: Critical Issues in Management and Prevention

Date of Assignment

Total Points = 2

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Place your final page numbers on the right hand side of this line.

Total Points = 5

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Unit

1

Unit 1: The Nature of Stress

# Information to Remember:

Key Learning Point: This **key learning point** should be information that you learned that was of particular importance to you, your life, and your current or future profession. Must have 2 to 3 sentences per key learning point **with a reference cited properly** (Seaward, 2015).

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Total Points = 9

# Assignment:

Provide a summary of the assignment to include in the resource guide **with a reference cited properly** (Seaward, 2015). Total Points = 4

# Journal:

Place the entire journal within your resource guide resource guide **with a reference cited properly** (Stahl & Goldstein, 2010).Total Points = 3

Unit

2

Unit 2: The Physiology of Stress

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Unit 3: Psychology of Stress

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4

Unit 4: Personality Traits and the Human Spirituality

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5

Unit 5: Dealing with Stress: Coping Strategies

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Unit

6

Unit 6: Relaxation Techniques 1: Breathing, Meditation, and Mental Imagery

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Unit 7: Nutrition and Stress

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Unit

8

Unit 8: Physical Exercise and Activity

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9

Unit 9: Applying Stress: Critical Issues for Management and Prevention to your Professional Life

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Total Points = 9

Additional Information

Place additional information here important to your resource manual. This can come from the Discussion Boards, Internet or the current curriculum. List at least one book, article, two websites, video, PowerPoint Seminar presentation, Reading, or other material you want to include in your resource guide. Total Points = 8

References

**List the full cited references in proper format under this section. A complete list of references should be included for your manual. Place references in alphabetical order**

**Must use proper APA format and style; section counts for [5 pts]. See samples below:**

Seaward, B. (2017). *Managing stress: Principles and strategies for health and well-being* (8th ed.). Boston, MA: Jones and Bartlett Publishers.

Stahl, B. & Goldstein, E. (2010). *A mindfulness-based stress reduction workbook.* Oakland, CA: New Harbinger Publications, Inc.