

EAC 088: STRATEGIES FOR STRESS AND ANXIETY MANAGEMENT

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	1
Total Contact Hours:	18
Lecture Hours :	18
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	36
Total Student Learning Hours:	54
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Pass/No Pass

Catalog Course Description

The course is designed to teach stress management and social emotional learning strategies to students with anxiety related symptoms and how it impacts their thoughts, emotions and behavior. 18 lecture hours.

Course Objectives

- Demonstrate an understanding of the definition of anxiety, symptoms, and its effect on behavior, thoughts and emotion.
- Identify emotion provoking triggers and reactions to triggers.
- Identify and demonstrate relaxation, distraction and positive self-statement strategies and their effect on anxiety.
- Recognize and alter cognitive distortions and irrational thoughts.
- Identify problem solving and social skills.

Major Course Content

1. Psychoeducation
 - a. Identify and define emotions
 - b. How emotion operates with thoughts/feelings/behaviors
 - c. Normalize and externalize anxiety
2. Triggers and reactions
 - a. Identify emotion provoking triggers
 - b. Explore reactions to triggers- thoughts, feelings, body clues, behaviors
3. Relaxation techniques
 - a. Visual Imagery
 - b. Progressive muscle relaxation
 - c. Deep breathing exercises
 - d. Mindful breathing scripts
4. Distraction tactics
 - a. Cognitive
 - b. Behavioral
 - c. Physiological

5. Positive Self-Statements
6. Scheduled time for positive thinking/emotions
7. Cognitive restructuring
 - a. Cognitive distortions
 - b. Identifying irrational thoughts
 - c. Identifying core beliefs
8. Goal Setting and Time Management
 - a. Prioritizing and setting goals
 - b. Action plans
 - c. Evaluating progress
9. School/Work Stress management
 - a. Identifying school/work stressors
 - b. Self contracts
 - c. Self-care
10. Nutrition and Exercise

Suggested Reading Other Than Required Textbook

Assigned reading from instructor provided materials.

Examples of Required Writing Assignments

Written essay explaining how anxiety affects them; Written essay explaining how they used one or more relaxation strategies and its effect; Written essay explaining a distraction technique they used and its effect; Written essay explaining a positive self statement that would work for them and their experience using it; Written essay explaining an irrational thought they have and identifying an incident where they scheduled positive thinking/emotions; Written essay explaining an irrational belief they have and how they are able to challenge it.

Examples of Outside Assignments

Completion of Workbook assignments/handouts.

Instruction Type(s)

Lecture, Online Education Lecture