

**Chanakya National Law University, Patna**  
**B.B.A., LL.B. (H)/B.B.A., LL.B. (H) 2023-24**

**Course Title: Stress Management (Elective Course)**

**Credit Assigned: 1**

**No. of Classes/Hours: 16**

## **Course Overview**

The process of stress management commences by identifying the origins of stress in one's life. This is more complex than it initially appears. Although it is simple to recognise significant stresses such as job changes, moving, or strict deadlines, understanding the origins of chronic stress can be more intricate. It is crucial to comprehend how one's internal ideas, emotions, and actions impact one's daily stress levels, in addition to external events or circumstances.

It is challenging for an individual to consistently avoid a threatening external occurrence or scenario that causes feelings of anxiety, tension, and concern, also known as stress. This prompts several evident inquiries, such as

- 'What causes one to experience stressful conditions?'
- 'Why do I feel depleted?'
- 'Is it beneficial to assume additional responsibilities for personal development?'
- 'Does effective time management aid in stress management?'
- 'Do I have control over managing stress?'
- 'How should I personally address and regulate my stress levels and maintain a disciplined lifestyle?'

This course is a life skill course which focuses on the inquiries, covering the comprehension of stress, stressors, and strategies for managing stress. The course is beneficial for all individuals, regardless of their career choices, and it's for personal growth. It aims to enhance their understanding and management of stress, enabling the participants to develop this crucial life skill and maintain their mental and physical well-being.

### **Learning Outcomes**

The Stress Management course aims to provide learners with a thorough comprehension of stress, its influence on mental and physical health, and a wide range of evidence-based techniques to handle and reduce stress in personal and professional environments successfully. Participants will acquire tangible expertise in mindfulness, resilience cultivation, time allocation, and interpersonal communication, enabling them to handle stressors and improve their overall well-being effectively.

**On completion of the course, students will be able to:**

1. Define and Understand Stress
2. Identify Personal Stressors and assess Stress Levels
3. Explore Coping Mechanisms, Mindfulness, Relaxation Techniques, Time Management and Prioritization
4. Enhance Resilience and Improve Interpersonal Communication
5. Create Healthy Lifestyle Habits
6. Develop a Personalized Stress Management Plan

**List of Topics/ Modules**

Topic/ Module	Objectives	Contents/ Concepts	Sessions / Lectures	Teaching Pedagogy
<b>Module I: Comprehending Stress</b>	Acquire a fundamental comprehension of stress and its influence on overall wellness.	<ol style="list-style-type: none"><li>1. Overview of Stress:<ul style="list-style-type: none"><li>- Explanation and classifications of stress.</li><li>- The physiological and psychological responses to stress.</li></ul></li><li>2. Identifying Individual Sources of Stress<ul style="list-style-type: none"><li>- Exercises focused on introspection and consciousness.</li><li>- Typical causes of stress in both personal and professional spheres.</li></ul></li><li>3. Assessment Tools:<ul style="list-style-type: none"><li>- Overview of stress evaluation tools.</li><li>- Recognizing indicators and manifestations of stress.</li></ul></li><li>4. Perspectives on Stress:<ul style="list-style-type: none"><li>- Investigating subjective interpretations of stress at an individual level.</li><li>- The significance of mindset in the management of stress.</li></ul></li></ol>	1-4	Lectures, Classroom Discussions, Exercises, Management Games
<b>Module II: Coping Strategies and Techniques</b>	Investigate and apply a range of stress management approaches that are supported by evidence.	<ol style="list-style-type: none"><li>1. Coping Mechanisms: - Overview of effective and ineffective ways for managing stress and challenges.<ul style="list-style-type: none"><li>- Identifying and altering maladaptive coping mechanisms.</li></ul></li><li>2. Practice of mindfulness and relaxation techniques:<ul style="list-style-type: none"><li>- Techniques for cultivating</li></ul></li></ol>	5-8	Lectures, Classroom Discussions, Exercises, Management Games

		<p>mindfulness to alleviate stress.</p> <ul style="list-style-type: none"> <li>- Utilizing progressive muscular relaxation and deep-breathing techniques.</li> </ul> <p>3. Efficient Allocation of Time and Ranking of Tasks:</p> <ul style="list-style-type: none"> <li>- Efficient techniques for managing time.</li> <li>- Establishing and prioritising tasks to minimise stress caused by time constraints.</li> </ul> <p>4. Enhancing Resilience:</p> <ul style="list-style-type: none"> <li>- Comprehending the concept of resilience and recognising its significance.</li> <li>- Developing resilience through cognitive and emotional techniques.</li> </ul>		
<b>Module III: Communication and Interpersonal Skills</b>	Enhance interpersonal communication skills to manage stress in relationships.	<p>1. Effective Communication:</p> <ul style="list-style-type: none"> <li>- Fundamental principles of effective communication.</li> <li>- Engaging in attentive listening and employing aggressive speech.</li> </ul> <p>2. Resolving Conflicts:</p> <ul style="list-style-type: none"> <li>- Conflict resolution strategies.</li> <li>- Strategies for negotiating and resolving problems.</li> </ul> <p>3. Cultivating Supportive Relationships:</p> <ul style="list-style-type: none"> <li>- Significance of social support in the management of stress.</li> <li>- Cultivating and fostering constructive partnerships.</li> <li>- Establishing and maintaining appropriate limits and practising self-care.</li> <li>- The significance of self-care in preserving one's well-being.</li> </ul>	9-12	Lectures, Classroom Discussions, Exercises, Management Games
<b>Module IV: Lifestyle habits &amp; Development of personalised action plans.</b>	Incorporate acquired knowledge from the course into a customised stress management	<p>1. Impact of Lifestyle and Stress:</p> <ul style="list-style-type: none"> <li>- The influence of nutrition,</li> </ul>	13-16	Lectures, Classroom Discussions, Exercises,

	strategy.	<p>exercise, and sleep on stress levels.</p> <p>-Cultivating and adopting beneficial lifestyle practices</p> <p>2. Workplace Stress Management: - Techniques for effectively managing stress in the work environment.</p> <p>- Achieving a harmonious equilibrium between professional and personal commitments.</p> <p>3. Developing Your Stress Management Strategy:</p> <p>- Consolidating knowledge gained from the training into a customised plan.</p> <p>- Establishing both immediate and future objectives for the purpose of effectively managing stress.</p> <p>4. Continuity and Enduring Practices:</p> <p>- Sustaining and fine-tuning stress management strategies over a while.</p> <p>- Cultivating grit in preparation for forthcoming obstacles.</p>		Management Games
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### Recommended Readings and Resources:

Books	Author/Publication
Chatter: The Voice in Our Head, Why It Matters, and How to Harness It	Ethan Kross
Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life	Jon Kabat-Zinn
Rest Is Resistance: A Manifesto	Tricia Hersey
The Relaxation and Stress Reduction Workbook	Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay
Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind	Judson Brewer
Why Zebras Don't Get Ulcers	Robert M. Sapolsky
Burnout	Emily Nagoski
Who Moved My Cheese?	Dr. Spencer Johnson

### **Instructor Details**

<b>Name of the Instructor:</b>	<b>Dr. Kirti</b>
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<b>Mode of Evaluation</b>	
<b>Mode</b>	<b>Percentage of Marks</b>
<b>Classroom Participation (Discussion and Exercises)</b>	<b>15%</b>
<b>Assignments (Self Journaling) and Presentation</b>	<b>25%</b>
<b>Development of Stress Strategy and Presentation</b>	<b>20%</b>
<b>Book Reading (Self Help Books) and Review (minimum 1)</b>	<b>25%</b>
<b>Quiz/MCQs</b>	<b>15%</b>