

PSY4327 - Stress Management

[PSY 4327](#) Stress Management (3 semester hours) This course examines stress management from scientific and practical perspectives. Topics include stress psychopathology, stress and illness/disease, interventions to reduce stress, relaxation techniques, and strategies of decreasing stressful behavior. Prerequisites: [NSC 3361](#) and [PSY 2301](#). (3-0) Y