Subject	**Stress and Stress Management Techniques**		
Type	Type	Semester	ECTS
	ELECTIVE (E)	1	3
Lecturer	Dr. Sc. Mirlinde Bilalli		
Aims and Objectives	The aim of the course is to offer information to the students regarding the nature of stress and the physiological and psychological effects of prolonged stress response. Includes short and long-term somatic behavioral techniques (exercise, relaxation, meditation, nutrition, time management, and goal setting) for management of stress.		
Learning Outcomes	Upon completion of this module, students shall be able to: • Analyze the holistic nature (mind-body-spirit) of stress management and comprehend the mind-body connection between stress and disease. • Begin to master the basic understanding of the physiological mechanisms responsible for the fight or flight response and subsequent manifestations of various symptoms of target organ dysfunction. • Understand the importance of utilizing effective coping skills to resolve stressful perceptions and gain a sense of wholeness and inner peace by using these skills. • Host several relaxation techniques • Learn to integrate these techniques into your daily living habits to help control stress and tension, including your ability to use mental imagery in conjunction with several relaxation techniques. •		
Content	**Week**	**Topics**	
	Syllabus presentation		
	1	The presentation of the course	
	2	The Meaning of Stress.	
	3	The Body's Reactions to Stress	
	4	Sources of Stress across the Lifespan**.**	
	5	**Adaptive and Maladaptive Behavior.**	
	6	Individual and Cultural Differences	
	Mid-term exam – 1		
	7	Problem Solving and Time Management	
	8	Psychological and Spiritual Relaxation Methods. Physical Methods of Stress Reduction	
	9	Preparing for the Future: College and Occupational Stress.	
	10	Care of the Self: Nutrition and Other Lifestyle	
	11	Stress and Conflict in Relationships	
	12	Resilience and Stress	
	Mid-term exam – 2		
Teaching/Learning Methods	Activity		Weight (%)
	Lectures		40%
	Paper		40%
	Independent learning		10%
	Other		10%
Assessment Methods	**Methods of assessment:**		%
	Participation		10%
	a) Mid-term exam -1		20%
	b) Mid-term exam - 2		20%
	Research paper		50%

ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	44
	Examination preparation	n/a	20
Literature	• Kottler, J. A. & Chen, D. D. (2011). Stress management and prevention: Applications to daily life (2nd Ed.). London and New York: Routledge.		
Ethical standards	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
Contact	mirlinde.bilalli@ubt-uni.net		