

BH152

Stress Management



Course Description:

Provides information on managing stress in all settings. Teaches relaxation techniques and their impact on health and well-being. Covers a variety of the major relaxation techniques and emphasizes the analysis of life stressors and the development of a personalized stress management plan.

Credits: 1



HEALTHWAY PROFESSIONS & WELLNESS PATHWAY

BEHAVIORAL HEALTH TRACK

- Behavioral Health, AAS
- Social Services Certificate

SPEECH-LANGUAGE PATHOLOGY ASSISTANT (SLPA) TRACK

- Elective credit

WANT MORE INFO ON THIS PATHWAY? CONTACT US AT

COLLEGE CREDIT NOW@CHEMEKETA.EDU

503.399.5239

