



University of Maryland School of Public Health

Final HLTH285 Controlling Stress and Tension



Semester: Fall 2019
Section: 0101
Classroom and Time: SPH1303 8-9:15 AM
Course webpage: <https://www.elms.umd.edu/>

Instructor: Sharon M. Desmond, PhD
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Office Hours: Wed. 12 - 2 PM
And by appointment

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Office Hours: Tues. 11:30am –12:30pm
And by appointment

Course Description

This course will examine the biological, physiological, behavioral, psychological, and environmental causes of stress as well as strategies to effectively manage, reduce and prevent stress. Students will examine their own stress management techniques and work to improve them. A primary focus of the course is for students to explore various stress management strategies to identify those most effective for them personally. Being open minded about stress reduction techniques and willing to try new strategies is critical to your success in this course!

Course Learning Objectives

Upon completing this course, the student will be able to:

1. Identify personal stressors and the most common sources of stress facing college students today
2. Understand the science of stress
3. Implement stress-prevention strategies
4. Implement stress-reduction techniques

Skills Learned or Reinforced in this Course

Cognitive restructuring, meditation, time management, deep breathing and relaxation, behavior modification, guided imagery, progressive muscle relaxation and yoga.

Required Text and Other Readings

Seaward, B.L. (2018). **Managing Stress: Principles and Strategies for Health and Well-Being**. Burlington, MA: Jones & Bartlett Learning. ISBN: 978-1-284-12626-6.

Journal articles and other readings are available in Canvas modules.

Course Communication

Important announcements (e.g. room change, university closings, etc.) will be sent via email as well as Canvas announcements. Please link your phone, computer and other devices in Canvas to ensure you receive these notifications immediately.

Class Requirements and Expectations

Course instructional methods include experiential activities, small group discussions, viewing videos, writing short reaction papers, listening to lectures, taking notes and completing quizzes. **YOUR PERSONAL INVOLVEMENT IS KEY**—coming to class and being actively engaged is essential to your success in this course. Your thoughts and ideas matter and will enrich everyone’s experience. Exciting, interesting and fun activities are planned and you do not want to miss out! You need to be present to get the full benefit of the planned activities. Additionally, please make certain you complete all assigned readings **PRIOR TO** the day we discuss the topic in class.

A diverse student body enhances our learning environment; Bola and I are committed to fostering an inclusive and equitable classroom environment. This is especially critical given we will be sharing our ideas in class discussions. Please, if you wish, tell us how you want to be referred to both in terms of your name and your pronouns (he/him, she/her, they/them, etc.). The pronouns someone uses are not necessarily indicative of their gender identity. Please visit trans.umd.edu to learn more.

Additionally, how you identify in terms of your gender, race, class, sexuality, religion, and dis/ability (i.e., all aspects of your identity), is your choice whether to disclose (e.g., should it come up in classroom conversation about our experiences and perspectives) and should be self-identified, not presumed or imposed. Bola and I will do our best to address and refer to all students accordingly, and we ask you to do the same for all of us in our class. Thank you!

Cell phone use is **not permitted** during class. Please make certain your phones are **ON SILENT AND PUT AWAY** during class (i.e., NOT on your desk or in your lap). This is especially important when we are practicing meditation or some other relaxation technique. Computer and tablet use is also **not permitted** during class unless needed for DSS accommodations. Research has demonstrated that writing out by hand your lecture notes and refraining from Internet use during class helps with retention and performance (Mueller and Oppenheimer, 2014; Ravizza, Uitvlugt, and Fenn, 2017).

All assignments must be typed, double-spaced and in 11-point font; most will be submitted electronically via Canvas, although occasionally a hard copy may be requested. Additional information about each assignment is provided on Canvas under the “Assignments” tab. Make certain you read this information and review the grading rubric prior to completing each assignment. If you are not familiar with Canvas, please complete the online student tutorial at <https://myelms.umd.edu/courses/1157772>.

Major Graded Assignments (Please remember grades are earned, not “given”)

Online Quizzes (100 points)

Online quizzes are used as a learning tool as opposed to simply being evaluative—you have the opportunity to take each quiz twice; only your highest score will count toward your final grade. I recommend taking the quiz the first time after you’ve read the chapter and before we discuss the material in class. Take it the second time after we’ve covered the material in class. You may use any nonhuman resource when taking quizzes (i.e. don’t call a friend but you can use your text and notes). Each quiz is worth 10 points and your lowest quiz score (out of the 11 saved) will be dropped.

In-class Activities and Homework Assignments (100 points)

A variety of in-class activities and homework assignments are planned, ranging in point value from two to ten points. Most in-class activities will be completed in small groups of five while others will be done in pairs or individually. Your grade for in-class activities will be based on participation, completeness and thoughtfulness. In-class activities and homework assignments CANNOT BE MADE UP without an excused absence.

Short Papers (60 points)

You will write three papers (a maximum of 500 words each) examining: 1) your personal stress level, 2) mindfulness, and 3) coping strategies. Specific directions for each paper is available on ELMS under the “assignment” tab. These papers are due at 11:59 PM on their respective due dates. Again, each paper must be a maximum of 500 words, typed, double-spaced, and well-written using 11-point font with no spelling or grammatical errors. References should be cited using APA formatting. Make certain you review the grading rubric available in Canvas prior to writing each paper.

Midterm and Final Exam (150 points)

The midterm and final exam (75 points each) consist of true-false, multiple choice, and matching items.

University Course Related Policies

All University of Maryland-approved course policies are provided at the following website:

<http://www.ugst.umd.edu/courserelatedpolicies.html>

Policy descriptions, resources, and links to official policy documents are provided for:

- **Academic Integrity:** What is cheating? What is plagiarism? What is the Honor Pledge?
- **Code of Student Conduct:** What behavior is prohibited?
- **Sexual Misconduct:** What to do in case of sexual harassment or sexual assault.
- **Non-Discrimination:** Procedures to prohibit discrimination, complaints about discrimination, harassment, and retaliation.
- **Accessibility:** Information about disability support services (DSS) and accommodations.
- **Attendance, Absences, or Missed Assignments:** The student must notify the instructor in a timely manner (typically first week of class). Read this prior to Schedule Adjustment date.
- **Student Rights Regarding Undergraduate Courses:** What should I find in the course syllabus? Am I allowed to see my exams after they are graded?
- **Official UMD Communication:** Use of email, communication with faculty, communication about cancelled class meetings, and weather-related or other urgent notifications.
- **Mid-Term Grades:** Provided for 100 and 200 level courses, and all student athletes.
- **Complaints About Course Final Grades:** Questions about course grades should first be addressed to the course instructor.

- **Copyright and Intellectual Property:** Who owns the work that I produce in class?
- **Final Exams:** Final exams are scheduled by the University.
- **Course Evaluations:** The School of Public Health is committed to the use of student course evaluations for improving the student experience, course and curriculum delivery, and faculty instruction.
- **Campus Resources:** ELMS, counseling, learning workshops, tutoring, writing help, questions about graduation, adding or dropping classes, withdrawing from the semester, etc.

Course Procedures and Policies

Late Work and Missed Assignments

Late work is not accepted for course credit without an excused absence, so please plan to have it submitted prior to the due date. Please talk with me or Bola if you are having difficulties keeping up with class material and assignments. Please read the policy on excused absences at <https://president.umd.edu/sites/president.umd.edu/files/files/documents/policies/V-100G.pdf>.

Use of Course Assistance Websites and Online Group Forums

Course assistance websites, such as CourseHero and others, are not permitted--material pulled from these sites can be deemed unauthorized material and a violation of academic integrity. These sites offer information that might not be accurate and more generally stifle the learning process. Use of online or virtual forums for course-wide discussion (e.g., GroupME, WeChat, etc.) is permissible although collaboration on graded assignments is strictly prohibited.

Inclement Weather / University Closings / Emergency Procedures

In the event that the University has a delayed opening or is closed for an emergency or extended period of time, I will communicate with you directly via email and canvas announcements regarding schedule adjustments, including rescheduling of examinations and assignments due to inclement weather and campus emergencies.

Available Support Services—If Needed Please Take Advantage of Them!

If you have a documented disability and wish to discuss academic accommodations for test taking or other needs, you will need documentation from Disability Support Service (301-314-7682). If you are ill or encountering personal difficulties, please let me or Bola know as soon as possible. If we know about problems or issues AHEAD OF TIME accommodations can be made, but after the fact is problematic. Other resources available to you include the Student Health Center (301-314-8180) and the Counseling Center (301-314-7651). If you are experiencing difficulties keeping up with academic demands, contact one of us and/or the Learning Assistance Service (301-314-7693). Their educational counselors can help with time management, reading or math learning skills, note taking and exam preparation skills. Additionally, the Writing Center (301-405-3785) is also an excellent resource if you are having difficulties with your written communication skills. All their services are free to UMD students.

Religious Observances

You will not be penalized because of observances of your religious beliefs; you will be given an opportunity, whenever feasible, to make up (within a reasonable time) any academic assignment missed due to your participation in religious observances. **It is your responsibility** to inform both of us IN ADVANCE of any intended absences for religious observance. Thank you.

Academic Integrity

The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, constitutes academic dishonesty:

- **CHEATING**: intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.
- **FABRICATION**: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
- **FACILITATING ACADEMIC DISHONESTY**: intentionally or knowingly helping or attempting to help another to violate any provision of this code.
- **PLAGIARISM**: intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.

For more information regarding academic integrity, please see <http://www.shc.umd.edu/code.html>.

Please write the Honor Pledge on each assignment you submit, including exams, in this course. Thank you. The Pledge reads:

I pledge on my honor that I have not given or received any unauthorized assistance on this assignment/examination. Your Signature

Course Evaluation

Your evaluation of this course is greatly appreciated. Your feedback is confidential and important to improve the quality of this course. Please complete the course evaluation

(<https://www.courseevalum.umd.edu/>) for this class at the end of the semester. Thank you. We will also send you reminders as the date gets closer.

Basic Needs Security

If you have difficulty affording groceries or obtaining enough food to eat every day, or you lack a safe and stable place to live and believe this may affect your performance in this course, please visit <http://go.umd.edu/basic-needs> for information about resources the campus offers. Additionally, let us (me and Bola) know if we can help in any way.

Grading Procedures

Graded Assignments	Possible Points	Final Grade %
Online Quizzes (n = 10)	100	24
In-class Activities	100	24
Short Two-page Papers (n = 3)	60	15
Midterm	75	18
Final Exam	75	18
Total Points	410	100

Total Point Breakdown

410 – 396	A+	367 – 353	B+	324 – 310	C+	281 – 267	D+	≤ 238	F
395 – 382	A	352 – 339	B	309 – 296	C	266 – 253	D		
381 – 368	A-	338 – 325	B-	295 – 282	C-	252 – 239	D-		

Class Sessions Outline	
Session 1 Overview of HLTH285!	Tuesday/8-27
Welcome, Course Expectations, Syllabus Review	
Session 2 Introduction to Stress and Stress Management	Thursday/8-29
Definitions; The Stress Response; Types of Stress; Types of Stressors; the Yerkes-Dodson Principle	
Required reading: Chapter 1 The Nature of Stress (pgs. 3-24)	
Assignment – Begin working on “One Nation Under Stress: Death and Despair in the United States assignment	
Session 3 Introduction to Stress and Stress Management (Cont.)	Tuesday/9-3
Social Stress in the US; General Adaptation Syndrome (GAS); Stress and Insomnia; A Holistic Approach to Stress Management; Discussion of the documentary	
Assignments – “One Nation Under Stress: Death and Despair in the United States” discussion questions due; Quiz 1 due	
Session 4 College Stress and Personal Stress Assessments	Thursday/9-5
Assignment – Complete personal stress inventories	
Session 5 The Sociology of Stress	Tuesday/9-10
Technostress; Fear of Missing Out (FOMO); Decline in civility; Environmental Disconnect; Occupational Stress; Race and Gender Stress	
Required reading: Chapter 2 (pgs. 27-42)	
Assignment – Personal Stress Assessment Paper Due	
Session 6 Physiology of Stress	Thursday/9-12
Central Nervous System (CNS); Autonomic Nervous System (ANS); Endocrine System; Neuroendocrine Pathways; Allostatic Load	
Required reading: Chapter 3 (pgs. 44-58)	
Assignment – Quiz 2 Due	
Session 7 Stress and Disease	Tuesday/9-17
Theoretical Models; Nervous-System Related Disorders; Immune-System Related Disorders;	
Required reading: Chapter 4 (pgs. 61-91)	
Assignment – Quiz 3 Due	
Session 8 The Psychology of Stress—Different Theorists	Thursday/9-19
Freud; Jung; Kubler-Ross; Frankl	

Required reading: Chapter 5 (pgs. 98-122)	
Assignment – explanation and due date	
Session 9 The Psychology of Stress—Different Theorists (Cont.)	Tuesday/9-24
Buscaglia; Maslow; Seligman; Tibetan Perspective	
Assignment – Quiz 4 due	
Session 10 The Stress Emotions	Thursday/9-26
Anger, Fear, Depression, Joy and Happiness	
Required reading: Chapter 6 (pgs. 125-142); Read Aaron Karmin. MA, LCPC Blog Post: Constructive management of destructive anger	
Assignment – Listen to 7 minute NPR video —Name Anger to Tame It https://www.npr.org/sections/health-shots/2019/01/28/688180879/got-anger-try-naming-it-to-tame-it	
Session 11 Stress Prone and Resistant Personality Traits	Tuesday/10-1
Personality Traits: Type A, Type, Codependence, Helpless-Hopeless, Resiliency and Hardiness, Survivors, Sensation-seekers; Self-Esteem	
Required reading: Chapter 7 (pgs. 146-164)	
Assignment – Quiz 5 due; Midterm Study Guide Posted	
Session 12 Stress and Spirituality	Thursday/10-3
Definitions, Theories of Spirituality	
Required reading: Chapter 8 (pgs. 168-204)	
Assignment – Labyrinth Walk and Reflection due ; Midcourse Evaluation posted , please complete by Sunday Oct. 13th	
Session 13 Stress and Spirituality (Cont.)	Tuesday/10-8
A Model of Spirituality for Stress Management	
Assignment – Quiz 6 due; Complete Midcourse Evaluation by Sunday Oct. 13th	
Session 14 Midterm Study Session	Thursday/10-10
Jeopardy Game; Small Group Study Session	
Assignment – Submit Midcourse Evaluation by Sunday, Oct. 13th	
Session 15 Midterm Examination	Tuesday/10-15

Assignment – Take Midterm

Session 16 Coping Strategy: Cognitive Restructuring **Thursday/10-17**

Reframing; Toxic Thoughts; Choosing our Thoughts, Changing our Perceptions

Required reading: Chapter 9 (pgs. 210-227)

Assignments –

Session 17 Coping Strategy: Behavior Modification **Tuesday/10-22**

Values; Assertive Behavior Style; Aggressive Behavior Style; Passive Behavior Style

Required reading: Chapter 10 (pgs. 229-239)

Assignment – Quiz 7 due

Session 18. Coping Strategies: Journal Writing and Art Therapy **Thursday/10-24**

Journal Writing Styles; Immediate and Long-Term Benefits; Defining Art Therapy; How to do Art Therapy; Archetypal meanings of color

Required readings: Chapters 11 and 12 (pgs. 241-267)

Assignment –

Session 19 Coping Strategies: Humor and Creative Problem Solving **Tuesday/10-29**

Theories of Humor; Types and Senses of Humor; Physiology of Laughter; The Creative Process; Obstacles to the Creative Process

Required reading: Chapters 13 and 14 (pgs. 269-305)

Assignments – Quiz 8 due

Session 20 Coping Strategy: Good Communication **Thursday/10-31**

What is good communication? Communication Overload; High-tech Communication; Communication Styles; Listening; Conflict Resolution; Conflict Management Styles

Required reading: Chapter 15 (pgs. 308-323)

Assignment – Coping Strategies Paper due

Session 21 Yoga Class at Eppley **Tuesday/11-5**

Meet at 7:55 AM in the Multipurpose Room at the Eppley Recreation Center; bring your yoga mat if you have one and wear comfortable, flexible clothing. You will also need your university ID.

Required reading: Chapter 20 (pgs. 394-407)

Assignment – Participate in our Yoga Class	
Session 22 Coping Strategies: Time and Money Management	Thursday/11-7
Retail Therapy; Poverty Consciousness; Financial Freedom; Barriers to Time Management; Personality Type and Time Management; Time Management Techniques;	
<u>Required reading:</u> Chapter 16 (pgs. 325-340)	
Assignment – Quiz 9 due	
Session 23 Other Coping Strategies	Tuesday/11-12
Information Seeking; Social Orchestration; Social Support; Hobbies; Forgiveness; Dream Therapy; Prayer and Faith	
<u>Required reading:</u> Chapter 17 (pgs. 342-355)	
Assignment –	
Session 24 Relaxation Technique: Deep Breathing, Meditation and Mindfulness	Thursday/11-14
What is Diaphragmatic Breathing? Defining mindfulness; Types and benefits of meditation; Brain Plasticity	
<u>Required reading:</u> Chapters 18 and 19 (pgs. 362-390)	
Assignments – Participate in Meditation; Meditation Reflection Due	
Session 25 Relaxation Techniques: Massage Therapy, Visualization, Music Therapy	Tuesday/11-19
Mental imagery and visualization; Color therapy; Music therapy; Massage therapy and types of massage	
<u>Required reading:</u> Chapter 21, 22 and 23 (pgs. 410-460)	
Session 26 Relaxation Techniques: Tai Chi and Progressive Muscular Relaxation; Autogenics	Thursday/11-21
Philosophy of Tai Chi and benefits; Progressive muscular relaxation and benefits; Autogenics and biofeedback	
<u>Required readings:</u> Chapters 24, 25 and 26 (pgs. 464-500)	
Assignment – Quiz 10 due	
Session 27 Relaxation Techniques: Exercise, Nutrition and Stress	Tuesday/11-26
Types of physical activity; effects and benefits of exercise; genetically modified foods; supplements	
<u>Required reading:</u> Chapter 27 (pgs. 503-529)	

Assignment – Mindfulness Paper Due	
Happy Thanksgiving!	Thursday/11-28
Happy Thanksgiving!	
Session 28 Ecotherapy: The Healing Power of Nature	Tuesday/12-3
Required reading: Chapter 28 (pgs. 532-541)	
Assignment – Quiz 11 due; Participate in Guided Imagery Activity; Guided Imagery Reflection due	
Session 29 Final Study Session	Thursday/12-5
Jeopardy Game; Small Group Study Session	
FINAL EXAM	Monday/12-16
Final Exam 10:30 AM – 12:30 PM	