



AUBURN
UNIVERSITY OUTREACH

OFFICE OF PROFESSIONAL AND
CONTINUING EDUCATION

Office of Professional & Continuing Education
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Auburn University is an equal opportunity educational institution/employer.

No refunds can be issued after the start date published in your Financial Award document.

Education & Training Plan

Student Name: _____

Start & End Dates: ___/___/___ to ___/___/___

Stress Management Coach Certificate Program

Program includes National Certification

Mentor Supported

MyCAA Information

Course Code: AU - SMC2

Program Duration: 6 Months

Course Contact Hours: 225

Student Tuition: \$3,950

Certification:

Upon successful completion of our Stress Management Coach course, students will be prepared to sit for the NCCB national certification exam to become a **Certified Stress Management Coach (CSMC)**.

The cost of this course includes the cost for taking the NCCB National Certification exam one time.

Overview

Stress Management Coaching is more than just a course about stress; it is an experience. You will discover a variety of ways to prevent and manage stress in your life and the lives of others. Learn what stress is, what causes it, and some specific stress reduction techniques that inspire you to continue a life-long program of stress management. Stress Management Coaching is a growing field that provides powerful approaches to a healthy and balanced life.

After completing this course, you should be able to:

- Recall the factors causing stress in today's world
- Recognize the role of stress in chronic disease
- Identify practices for reducing stress
- List methods for facilitating mindfulness and meditation
- Identify the importance of relaxation

Outline

Stress Management Coaching Module 1 Stress in Today's World

- What is Stress?
- Yerkes-Dodson Principle
- The Terminology of Stress
- Holistic Health
- Dimensions of Health
- Nature or Nurture
- Self-Assessment
- Symptoms of Stress
- Perceived Stress Scale (PSS)
- Ardell Wellness Stress Test

Stress Management Coaching Module 2 Understanding Stress

- Fight-or-Flight Response
- Psychological Response to Stress
- Stress Response in Today's World
- General Adaptation Syndrome
- Mind/Body Connection
- Psychological Health
- Role of Chronic Stress in Disease
- Medium-Term Chronic Stress
- Long-Term Chronic Stress
- How the Mind and Body Communicate

Stress Management Coaching Module 3 Perception, Thinking, and Choosing

- Power of Perception
- The World Is NOT a Stressful Place
- Cognitive Restructuring
- Hardiness
- Cognitive Distortions
- Thinking Errors
- Cognitive Techniques
- Underlying Theories and Practices
- Rational Emotive Behavior Therapy

Stress Management Coaching Module 4 Mindfulness and Managing Emotions

- The Nature of Reality
- Qualities of Mindfulness
- Benefits of Mindfulness
- Inner Mindfulness Meditation
- Physiology of Emotions
- Guilt and Worry
- Fear
- Anger
- Hostility

Stress Management Coaching Module 5 Values and Spirituality

- Understanding Your Values
- Values within Cultures
- Dynamic Quality of Values
- Acquiring Values
- Types of Values
- Spiritual Quest
- Spirituality and Religiosity
- Five Qualities of Spiritual Health
- Action Plan for Stress Management Through Spiritual Wellness

Stress Management Coaching Module 6 Life Management and Money Matters

- Time and Stress
- Planning for Control
- Quadrant Planning
- Keys to Creating Balance
- Serendipity
- Procrastination
- ABCs of Money Management
- Stress on the Job
- Managing Your Money

Stress Management Coaching Module 7 Relationships and Environment

- Social Support
- Communication
- Managing Conflict
- Creating a Healing Environment
- Color
- Light
- Smells and Air
- Noise
- Temperature
- Taking Control of Your Surroundings
- Ergonomics

Stress Management Coaching Module 8 Healthy Lifestyles and Relaxation

- Exercise
- Nutrition
- Stress and Healthy Weight
- Eating Disorders
- Sleep
- Understanding Relaxation
- Benefits of Relaxation
- Relaxation Sensations
- Use Good Judgement

Stress Management Coaching Module 9 Breathing and Autogenics

- How Breathing Works
- Benefits of Relaxation Breathing
- Breathing and Relaxation
- How to Do Relaxation Breathing
- Autogenic Training
- How Autogenic Works
- Benefits of Autogenics
- Experiencing Autogenics

Stress Management Coaching Module 10 Progressive Relaxation

- Muscle Physiology
- Muscles and Relaxation
- How PMR Works
- Benefits of Progressive Relaxation
- Progressive Muscle Relaxation
- Guided Imagery
- The Mind and How it Works
- Imagery and Visualization
- Uses of Imagery

Stress Management Coaching Module 11 Meditation and Yoga

- What is Meditation?
- Meditation Put into Practice
- Additional Ways to Meditate
- Benefits of Meditation
- Overview of Yoga Styles
- Benefits of Yoga
- Hatha Yoga
- How to Practice Yoga
- Precautions Before Starting Yoga

Stress Management Coaching Module 12

Alternative Health and Strategies

- Complementary and Alternative Health
- Categories of Complementary and Alternative Medicine
- Stress-Reduction Strategies
- Laughter and Humor
- Music
- Solutions to Avoid
- Stress Management for Life – Planning for the Future

Materials:

All materials are included in this course.

System Requirements:

Internet Connection

- Broadband or High-Speed - DSL, Cable, and Wireless Connections

*Dial-Up internet connections will result in a diminished online experience. Classroom pages may load slowly and viewing large audio and video files may not be possible.

Hardware Requirements

- Processor - 2GHz Processor or Higher
- Memory - 1 GB RAM Minimum Recommended

*While our courses are accessible through multiple mobile learning platforms, some courses may include a CD or DVD with the Textbook, so you may need access to a computer with CD-ROM or DVD Drive.

PC Software Requirements

- Operating Systems - Windows 7 or higher
- Microsoft Office 2007 or higher. Also, you could use a general Word Processing application to save and open Microsoft Office formats (.doc, .docx, .xls, .xlsx, .ppt, .pptx)
- Internet Browsers - Google Chrome is highly recommended
 - Cookies MUST be enabled
 - Pop-ups MUST be allowed (Pop-up Blocker disabled)
- Kindle Reader App is needed for many of our courses (No special equipment needed. This can be downloaded for FREE onto your computer.)
- PowerPoint Viewer (if you do not have PowerPoint)
- Adobe PDF Reader
- QuickTime, Windows Media Player &/or Real Player

MAC Software Requirements

- Operating Systems - Mac OS x 10 or higher with Windows
- Mac office programs or a Word Processing application to save and open Microsoft Office formats (.doc, .docx, .xls, .xlsx, .ppt, .pptx)
- Internet Browsers- Google Chrome is highly recommended
 - Cookies MUST be enabled
 - Pop-ups MUST be allowed (Pop-up Blocker disabled)
- Kindle Reader App is needed for many of our courses (No special equipment needed. This can be downloaded for FREE onto your computer.)
- PowerPoint Viewer (if you do not have PowerPoint)
- Adobe PDF Reader
- Apple QuickTime Media Player

- Courses that include a CD-ROM or DVD may require an external drive and Parallels software to view.

****Outlines are subject to change, as courses and materials are updated.****