

**St. Xavier's University, Kolkata**

**Faculty of Arts & Social Studies**

**Department of Social Work**

**Value-Added Course**

**Title of the Course:** Stress Management

**Timeline:** 20<sup>th</sup> January to 11<sup>th</sup> April, 2025

**Course Credit:** 2

**Course Coordinators:** Dr. Sucheta Paul & Dr. Srenwantee Bhattacharjee

**No. of Hours-** 30

**Overview of Syllabus:** This course offers a deep exploration of stress, examining its causes, effects on mental and physical health, and practical strategies for managing it effectively. Students will engage with both theoretical concepts and hands-on techniques to enhance their well-being and build resilience. The course comprises of five modules. The major thrust of the course is on:

- **Module I-** Mindfulness practices to cultivate awareness and presence
- **Module II-** Time management strategies to reduce anxiety
- **Module III-** Relaxation techniques such as yoga, meditation, and deep breathing
- **Module IV-** Cognitive-behavioural approaches to reframe stress-inducing thoughts
- **Module V-** Creative outlets like art therapy, music, and journaling to promote self-expression and relaxation

Emphasizing personalization and ease of application, the course encourages students to integrate these tools into their daily lives, fostering long-term stress management and holistic well-being.

