

## Stress Management - SO103

---

**Section:** SO103 816243S Online

**Section Type:** Lecture

**Credit Hours:** 1.00

**Course Description:** Recognizing and alleviating stress. Identifying and gaining control of factors that contribute to how a person handles stressful situations.

**WHEN**

Days: Arranged

Times: Arranged

Start Date: 06/02/2025

End Date: 06/26/2025

**WHERE**

Online

**INSTRUCTOR**

DJ CHASTAIN

**BOOKS**

No textbooks for this course.