

Stress Management - SO103

Section: SO103 816252S Online

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 Start Date: 02/02/2026 End Date: 02/27/2026

Days:

Arranged

Arranged

INSTRUCTOR

DJ CHASTAIN

BOOKS

No textbooks for this course.