

## Stress Management - SO103

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**Section:** SO103 816253S 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: 06/01/2026 End Date: 06/25/2026

**Days:**

Arranged

Arranged

**INSTRUCTOR**

DJ CHASTAIN

**BOOKS**

No textbooks for this course.