

## Stress Management - SO103

---

**Section:** SO103 826261S 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: 10/05/2026 End Date: 11/06/2026

**Days:**

Arranged

Arranged

**INSTRUCTOR**

DJ CHASTAIN

**BOOKS**

No textbooks for this course.