

## Stress Management - SO103

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**Section:** SO103 846251S 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: 12/01/2025

End Date: 12/26/2025

**WHERE**

Online

**INSTRUCTOR**

DJ CHASTAIN

**BOOKS**

No textbooks for this course.