

## **Stress Management - SO103**

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**Section:** SO103 846252S 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: 05/04/2026 End Date: 05/29/2026

**Days:**

Arranged

Arranged

### **INSTRUCTOR**

DJ CHASTAIN

### **BOOKS**

No textbooks for this course.