# PSY271(D): Stress Management

## Spring, 2016 <> M W F 11:15 AM – 12:05 PM <> Mahoney 103

Barry Zwibelman, Ph.D.  
Best way to reach me outside of class: bzwibelman@miami.edu

Office: 133 Behavioral Medicine Bldg. (Map on p. 2)  
Office Hours: M W F 2:30-4:00

Text: "MANAGING STRESS: Principles and Strategies for Health and Well-Being" by Brian Luke Seaward

<table>
<thead>
<tr>
<th>Topic</th>
<th>Chapters &amp; Handouts</th>
</tr>
</thead>
</table>
| Jan. 11 M | (1) Course Introduction: The Nature of Stress  
1 |
| 13 W | (2) Self-Assessment: Assignment due in class Jan. 20  
Handout |
| 15 F | (3) Stress and Health: The Holistic Model  
1, 2 |
| 18 M | Martin Luther King Jr. Holiday (No Class)  
20 W | (4) The Physiology of Stress  
1, 2, 3 |
| 22 F | (5) Mind-Body Connection: Basics  
3, 4 |
| 25 M | (6) Mind-Body Connection: The Immune System  
3, 4 |
| 27 W | (7) My Stress Management: Diaphragmatic Breathing  
18 |

Jan. 27: Last Day to Drop a Course Without a “W”

| Feb. 29 F | (8) 20-minute Quiz (10%) (See Study Guide)  
25 |
| Feb. 1 M | (9) Progressive Muscle Relaxation  
Handout |
| 3 W | (10) Sources and Goals  
Handout |
| 5 F | (11) Sources and Goals (cont’d)  
Handout |
| 8 M | (12) Anger Management  
6, Handout |
| 10 W | (13) Evaluation of Techniques #1 due  
Review for Exam #1  
Handout |
| 12 F | (14) Exam #1 (20%) (Chapters 1, 2, 3, 4, 6, 18, 25, classes, handouts)  
Handout |

15 M | (15) Personality Factors: Stress Prone / Stress Resistant  
7 |
| 17 W | (16) Stress Prone / Stress Resistant due  
9 |
| 19 F | (17) Cognitive Techniques  
9, Handout |
| 22 M | (18) Reframing due; M.T.; Positive Psychology-1  
Handout |

Feb. 22–Mar. 7: Midterm Reporting

24 W | (19) Positive Psychology-2 -- (Gratitude Journal)  
Handout |
| 26 F | (20) Imagery  
21 |
| 29 M | (21) Meditation  
19 |

| Mar. 2 W | (22) Evaluation of Techniques #2 due; Mindfulness  
Handout (Olpin) |
| 4 F | (23) One Nation Under Stress- Video  
Handout |

Mar. 5 - 13 (Sat.-Sun.) Spring Break – No Class

14 M | (24) Assertiveness  
p. 235-239 in Ch.10 |
| 16 W | (25) Review for Exam #2  
Handout |
| 18 F | (26) Exam #2 (20%) (Chapters 7, 9, 19, 21, p.235-239, classes, handouts)  
Handout |

| 21 M | (27) Emotional Intelligence  
Handout |
| 23 W | (28) Happiness – Part 1; www.authentichappiness.com  
Handout |

Mar. 25: Last Day to Drop a Course

25 F | (29) Yoga; Tai Chi  
20, 24 & Video |
| 28 M | (30) Authentic Happiness due; Styles of Coping: Emotion&Problem-Focused  
Handout |
| 30 W | (31) Exercise  
p.511-523 in Ch. 28 |

Apr. 1 F | (32) Self-Defeating Behavior: Procrastination  
p.329-330 in Ch.16 |
| 4 M | (33) Behavior Modification  
p.230-235 in Ch. 10 |
| 6 W | (34) Social Support / Spirituality  
Handout |
| 8 F | (35) Review for Exam #3  
Handout |
| 11 M | (36) Exam #3 (20%) (Ch. 11, 20, 24, p.230-235, p.329-330, p.512-523, classes, handouts)  
Handout |

13 W | (37) Evaluation of Techniques #3 due; Sapolsky Video  
Video |
| 15 F | (38) Social Support  
Handout |
| 18 M | (39) Happiness – Part 2  
Handout |

Apr. 18: Last Day to Schedule Final Exam

20 W | (40) Occupational Stress  
Handout |
| 22 F | (41) Review for final exam  
Handout |

Apr. 27 – May 4 Final Exam Days. Our Final Exam (15%): Wednesday, April 27, 2016 (11:00 AM– 1:00 PM)
Goals: (1) Understand the physiology of the Stress Response. (2) Learn stress management methods that can help you relieve stress. (3) Build resilience so minor stressors don't grow into chronic stress (It’s a mind-body thing). (4) Make choices that bring balance into your life (You can share your own best tips on how to do this).

Handouts and other supplementary materials will be distributed on Blackboard  www.courses.miami.edu.  Also check your e-mail for communications.

Honor Code: All students are expected to abide by the University of Miami Student Honor Code:  www.miami.edu/dean-student/honor-code . All examinations require the Honor Code pledge.

Attendance: I do not formally take attendance, but I do expect you to attend all classes. There will be information presented in class that is included in exams that is not in the book or handouts. If you have to miss a class, you may ask another student to voice-record the class or you may get the notes from another student.

Examinations: There will be a short (20-minute) Quiz on the material covered during the first 5 days of class. Then there will be three regular classroom exams spaced evenly throughout the semester. The format for these exams is 1/3 from the textbook, 1/3 from lecture, and 1/3 from handouts. To conclude the course, there is a final exam during the final exam period. Please do not miss any of the examinations or quizzes. Make-up exams, if approved, are within one week from the original date (and somehow always turn out more difficult than the original).

Religious Days: It is the policy of the University that a student may be absent from class for any religious observance of his or her choice. The policy requires the student to declare the specific dates of absence in writing to the instructor within the first three days of class meeting.

Final Exam for this class:  Wednesday, April 27, 2016 (11:00 AM– 1:00 PM) 15% of course grade. Three essay questions applying stress management principles to specific situations.

Course Grade:  
Quiz on Topics 1–5 (Jan. 29) ................. 10%
Examinations (3 X 20% each) ................. 60%
Final exam ........................................ 15%
Class activities (8) .............................. 15%

Grading:
93 – 100= A  80 – 82 = B-
90 – 92 = A-  77 – 79 = C+
87 – 89 = B+  70 – 76 = C
83 – 86 = B