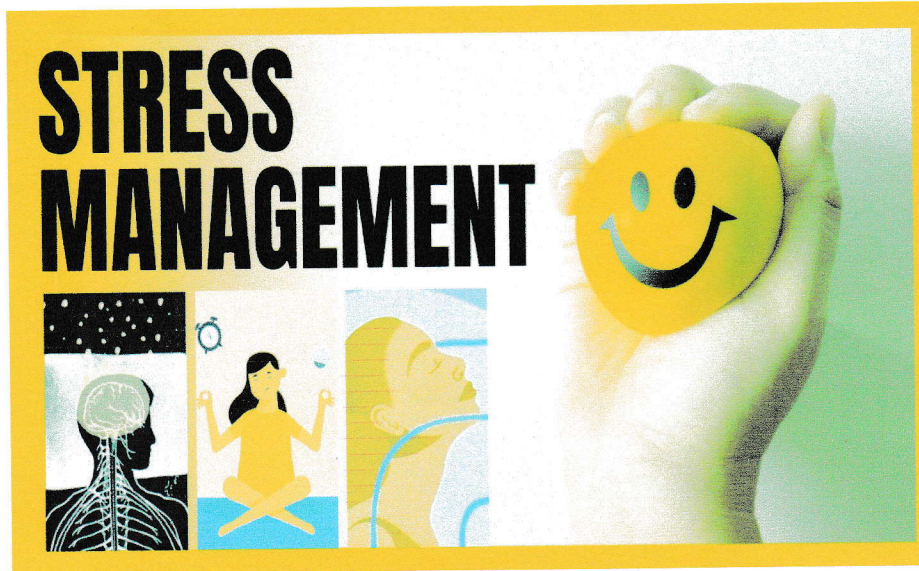


## Certificate Course in Stress Management



Sources: <https://www.integratesustainability.com.au/2020/04/29/stress-management/>

### Objectives of the course

- To help students to understand and recognize different types of stress
- To provide different techniques of stress management to the students to live and enjoy qualitative life

### Course Content

- Understanding Stress
- Types of stress
- Causes and effects of stress
- Different techniques of coping with stress
- Practical application of some techniques

### Scope:

This course helps students to cope with the different stresses.

### Career opportunity and Employability

Helping others achieve their dreams and goals gives a feeling of satisfaction and pride. This feeling can be experienced on a day-to-day basis if you pursue a career that helps others achieve personal development and growth. If you love working with people and enjoy giving advice, a career helping others fulfill their aspirations might be for you. Various career opportunities are there like Students can select the career as Mental Health Counsellor, Exercise Physiologist, Academic advisor, Counselor etc.

  
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Course Coordinator



  
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