



# STRESS MANAGEMENT

## **PROF. RAJLAKSHMI GUHA**

Centre for Educational Technology  
IIT Kharagpur

**INTENDED AUDIENCE** : Psychologists, for anyone keen to develop stress management techniques, elective, Open Course (UG /PG)

**PRE-REQUISITES** : Basic knowledge in communication and a good understanding of English

### **COURSE OUTLINE :**

Stress is a part of daily living and each individual responds to stress differently. Thus there's no "one size fits all" solution to managing stress. Stress management techniques can teach an individual healthier ways to cope with stress, help reduce its harmful effects, and prevent stress from spiraling out of control again in the future. The goal of stress management is not to eliminate all stress. This course aims to teach the student how to limit the harmful effects of stress while maintaining life's quality and vitality.

### **ABOUT INSTRUCTOR :**

Prof. Rajlakshmi Guha is an Assistant Professor in the Centre for Educational Technology, IIT Kharagpur. She has done her PhD in Psychology. She has research interests in the areas of Cognitive Psychology, Social Psychology, Counselling Psychology, Perception, Attention, Memory processes, Physiological basis of emotion, and student's mental health etc.

### **COURSE PLAN :**

**Week 01** : Scientific Foundations Of Stress

**Week 02** : Stress Psychophysiology

**Week 03** : Developing Resilience To Stress

**Week 04** : Strategies For Relieving Stress