

Academic Year	2018Year	Faculty/Graduate School	Global Career Design Center (University Wide Courses for Graduate Students)		
Lecture Code	83023001	Subject	Specialized Education		
Subject Name	ストレスマネジメント				
Subject Name (Katakana)	ストレスマネジメント				
Subject Name in English	Stress Management				
Instructor	HARADA JUN				
Instructor (Katakana)	ハラダ ジュン				
Instructor's Office				Extension Number	
E-mail Address	j-harada@pu-hiroshima.ac.jp				
Campus	Higashi-Hiroshima	Semester/Term	1st-Year, Second Semester, Second Semester		
Days, Periods, and Classrooms	(2nd) Mon9-10 : IAS K305				
Lesson Style	Lecture/Seminar	Lesson Style (More Details)	teaching, discussion, exercise		
Credits	2	Class Hours/Week	2	Language of Instruction	J : Japanese
Eligible Students					
Course Level	5 : Graduate Basic				
Course Area(Area)	21 : Fundamental Competencies for Working Persons				
Course Area(Discipline)	03 : Career Education				
Keywords	stress, stress management, mindfulness				
Special Subject for Teacher Education		Special Subject			
Class Status within Educational Program					
Criterion referenced Evaluation					
Class Objectives/Class Outline	<p>Today, we experience significant amount of psychological and social stress everywhere. There are various factors that cause stress, including pressure from work, human relationships, and an overcrowded or busy social environment. Handling stress inappropriately can negatively affect mental/physical health and interpersonal relationships, thereby reducing the productivity of the individual and/or organization. Therefore, it is important to handle stress appropriately in order to successfully work in a company or thrive in society. In this lecture, I will explain stress and its effects, introduce ways of recognizing it, and discuss specific coping techniques for handling stress.</p>				
Class Schedule	<p>lesson1 Orientation lesson2 Stress and stress response lesson3 Beneficial stress and harm stress lesson4 Characteristics of the psychological and social stress lesson5 The goal of stress management lesson6 Overcoming feelings of conflict that love-hate lesson7 Resilience lesson8 Action methods for stress management lesson9 Mindfulness lesson10 Solution to anxiety lesson11 Meditation lesson12 Rewriting of the negative storage lesson13 Release from the obsession lesson14 Stress in work lesson15 Summary</p>				
Text/Reference Books, etc.	"Stress and stress management"				
PC or AV used in Class, etc.	PPT				
Suggestions on Preparation and Review	It does not need special preparation. You can enjoy exercise and meditation.				
Requirements					
Grading Method	Fruitful attitude for the class(50%), Reopr(50%)				

Grading Method	
Message	
Other	
<p>Please fill in the class improvement questionnaire which is carried out on all classes. Instructors will reflect on your feedback and utilize the information for improving their teaching.</p>	