

HLTH 2400 : Stress Management

Explore the field of Psychoneuroimmunology (PNI) as it applies to the nature of the mind-body connection and its influence on health and well-being. Current scientific theory and research regarding the mind's ability to either positively or negatively influence the physical body's health and immune response will be studied. Research theory and application of a variety of integrative modalities in promoting wellness will be studied. Topics include intuition, meditation, guided imagery, cognitive and emotional restructuring, spirituality and faith, social support, humor and laughter, art, music and movement therapies.

Credits 3.0

Semester Offered

As Needed