

DSPS is happy to offer Educational Assistance Course (EAC) 088

EAC 088

Stress and Anxiety Management

- Relaxation Strategies
- Anxiety Management
- Mindfulness
- Positive Self-Talk
- Body Awareness
- And So Much More!

EAC 088

Course Description and Information

For EAC 088 Course Information, please visit the Citrus College current Class Schedule and search, "Educational Assistance Courses."

EAC 088 is designed to provide students specific and tangible coping strategies for dealing with anxiety related disabilities and managing stress. Students will be able to identify physiological and psychological symptoms of anxiety and address how thoughts, emotions and behavior interact with each other.