

DSPS is happy to offer Educational Assistance Course (EAC) 088 for Spring 2022

EAC 088

Stress and Anxiety Management

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

Spring 2022
EAC 088

Course Description and Information

EAC 088

8 Week Course
4/25/22-6/17/22

1 unit

Pass/No Pass

Instructor:
Rebecca Ferrelli

CRN: 34633

Online, Asynchronous Course

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.