DSPS 088
STRATEGIES FOR STRESS AND ANXIETY MANAGEMENT

Winter 2020

DSPS 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.

RELAXATION STRATEGIES
MINDFULNESS
POSITIVE SELF-TALK
PROGRESSIVE MUSCLE RELAXATION
AND SO MUCH MORE!

1 unit
Pass/No Pass
CRN: 25917
Mon/Wed
1:00-2:25 pm
SS 165

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