

# HOLISTIC HEALTH AND WELLNESS (HHAW)

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HHAW 121 Psychology and Physiology of Stress 3 cr.

This course investigates the multidimensional phenomenon of stress from the mind body connection to the conditions, attitudes and behaviors that contribute to the stress response. It examines the psychosomatic theory of dis-ease and the mechanisms that link stress with illness. Using a holistic approach for intervention, it allows students to study different techniques for dealing with stress.