



# MANAGING STRESS

KIN 123: FOUNDATIONS OF HEALTH

M/W/F 1-1.50Pm

Quinn Auditorium

Shabnam Lateef

Fall 2013

# UPDATED SEPTEMBER SCHEDULE

MONDAY	WEDNESDAY	FRIDAY
9/9: Stress and it's sources	9/11: Managing stress	9/13: Sleep
9/16: Intimate Relationships and Communication	9/18: Contraception ( <i>Guest speaker- needs to be confirmed</i> )	9/20: Psychological Disorders
<b>9/23: GUEST SPEAKER: Jeannie Culf: Psychological Health</b>	9/25: Post- partum depression, PTSD, Stalking and Cyber-bullying, Online aggression and Suicide	9/27: Personal safety
<b>9/30: GUEST SPEAKER: Domestic Violence</b>	<b>10/2: Open topic Exam Review</b>	<b><u>10/4: Exam #1</u></b>

Let's start today, by reducing your stress levels associated with this class

### FILL IN THE BLANKS WORKSHEET:

1. I found the fill in the blanks worksheet useful
2. I did not like the fill in the blanks worksheet.
3. What fill in the blanks worksheet??
4. Wish you would have posted it sooner...