

Stress management

Course Workload		Assessment form (examination/ graded test/ ungraded test)
ECTS	Hours	
1	36	Ungraded test

Students will study stress as a physiological psychological process and develop strategies to keep the optimal amount of stress in their lives. They will also become more aware about the risks and dangers of emotional burnout and collect personal "first aid kits" allowing them to prevent and reverse burnout symptoms. Information will also be provided on burnout prevention strategies for team leaders allowing them to create healthy and productive atmosphere at the workplace.
