Stress and Pain Management Syllabus
Instructor: Donna González

Breath training and various physical relaxation techniques are essential to stress and pain management and will be an integral part of the class sessions.

Information on the flight or fight response that leads to chronic stress and pain as well as the physiology of the emotional brain and the rational/cognitive brain will help students understand why the stress and pain management techniques in this course can be so effective.

In addition, there are a number of topics that can assist class members further in reducing their tension and pain. The instructor will present information, conduct discussions, teach techniques and lead students through exercises related to these topics:

How we think is how we feel - Dealing with the cognitive distortions that complicate our lives
Post Traumatic Stress Disorder - the hidden epidemic and how to manage it
Tools that reduce pain
Food and beverages and their relationship to tension and pain
Physical movement for stress/pain management
Getting a good night’s sleep
Tension and other people
Creating a low stress physical environment
Massage and pain/tension reduction

For optimum learning students are encouraged to practice the relaxation techniques outside of class and to do some of the physical exercises that will be demonstrated.