

Course Summary:	Fifty years ago, only bridges were stressed. Since the 1950s, "stress" has evolved from an engineering term to a cultural construct. In 2007, stress was worth 9.4 billion dollars to Americans, who, unable to buy happiness, are trying to buy peace of mind. Today, law enforcement personnel, including probation employees, contend with rising stress levels. These stress levels take a psychological toll on an employee. Various factors, from case load to issues in personal lives, affect how probation employees handle their day-to-day duties. This course will inform probation employees how to manage various levels of stress created by their job and in their personal lives.
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Performance Objectives:	
a)	The student will be able to recall and describe why stress is America's number one health problem.
b)	The student will be able to articulate awareness to and understanding of everyday stressors that negatively affect our everyday lives.
c)	The student will be able to explain how anxiety and internally generated stress can affect the way the individual experiences life.
d)	The student will be able to list and define specific relaxation techniques which will assist the individual in controlling their own everyday stressors in both the workplace and home.
e)	The student will be able to explain how fatigue and overwork can be an unpleasant source of stress often referred to as "hurry sickness".

Course Outline				
Day	Time Begin (24 Hour)	Time End (24 Hour)	Subject or Topic	Instructional Methodology
1	0800	1000	Introductions, review of objectives; stress in America; everyday stressors	Lecture Group Discussion
1	1000	1200	Anxiety and internally generated stress affect the individual life experiences	Lecture Group Discussion
1	1200	1300	lunch	Lecture
1	1300	1500	Relaxation techniques	Lecture Group Discussion Demonstration Group Exercise
1	1500	1700	Fatigue and overwork - hurry sickness; evaluations	Lecture Group Discussion Evaluation