

**Professor Jose Guntin Lesson Plan**  
**CLP1006 Personal Effectiveness**

**Topic:** Understanding Stress and Developing Wellness Skills

**Objectives:** Assist students to learn to manage stress by demonstrating knowledge of stress, its sources, and the physical, psychological, and behavioral outcome. Students will also learn to apply effective stress management theory

**Learning outcomes:** Students will be provided with the opportunity to utilize critical thinking skills. They will also have the opportunity to gain insight and understanding about how natural systems function and recognize the interaction between humans and the environment.

**Description:** Students will be provided with the opportunity to explore difference between stress mastery and stress management. They will also be provided with the opportunity to test the psychological benefits of nature experiences.

- 1 – Lecture about basic concepts of stress including the **Fight or Flight response**, the **General Adaptation Syndrome (GAS)** and **Stress Hardiness** attitudes.
- 2 – Students will be engaged in class discussion about how nowadays it is very difficult to reach a state of **homeostasis** and how recent research indicates that we have become acutely sensitive to stress.
- 3 – They will be provided with a link to Psychological Benefits of Nature Experiences: Research and Theory (<http://www.johnvdavis.com/ep/benefits.htm> ) and encouraged to read before they go on an Immersion to Everglades National Park.
- 4 – During an Immersion in the Everglades, (1) readings are discussed and (2) students are given a brief lecture about the possibility of mental restoration, and (3) they are provided with basic instruction on **diaphragmatic breathing, progressive relaxation, mindful meditation, and walking meditation**; they are also introduced to the concept of the **Warrior Stance** - slowing down, connecting with the environment and becoming open to silent awareness. After a group activity where students tryout new techniques, students are encouraged to practice the new techniques alone to connect with themselves and nature at a deeper level.
- 4 – Students will write a reaction paper about their experience and their plans to change their behavior to better deal with stress.