

The Natural Remedy for Stress and



Introduction

This course is intended to bring to life a principle-based model of healthy psychological functioning known as Health Realization/Innate Health. Participants will recognize how to awaken a healthy, wise, common sense psychological perspective in themselves and in other people, regardless of circumstances. This course will prepare participants to strengthen their own healthy, insightful and wise approach to life and work ("the health of the helper") and to develop their ability to relate to others, and to respond appropriately to an ever-changing and consistently demanding work and life environment. This eight unit on-line course is self-paced and 2.5 CEUs will be awarded to the participant upon completion.

Questions/More Information

Email: enrich@mail.wvu.edu

OR

Contact: WVU Extended Learning at
1-800-2Learn2 or (304) 293-2834.



Burnout

Course Objectives

1. To recognize principles that offer a logical and reliable explanation of the experiences of stress and resiliency.
2. To review the current theoretical models used in addressing stress and resiliency.
3. To understand what we call "stressors" and to recognize the role of "chronic" stress and "acute" stress in the experience of well-being.
4. To understand how and why all human experience comes from the continual process of thought.
5. To discover what drives behavioral/emotional options – why people do the things they do.
6. To recognize how and why all people can access resiliency, regardless of their physical health or life circumstances.
7. To recognize how people can overcome fears, concerns and limitations and improve their well-being by drawing on their own resiliency.
8. To recognize how to experience incrementally less stress.
9. To develop the ability to nurture in oneself and others the innate health and well-being that is a wellspring of positive change.
10. To discover how to sustain joy and enthusiasm for work and life, regardless of internal or external pressures.

To register and pay online, visit: www.elearn.wvu.edu/Continuing