

DSPS is happy to offer Educational Assistance Course (EAC) 088 for Fall 2021!

# EAC 088

## Stress and Anxiety Management



- Relaxation Strategies
- Anxiety Management
- Mindfulness
- Positive Self-Talk
- Body Awareness
- And So Much More!

Fall 2021  
EAC 088  
Course Description and Information

### EAC 088

8 Week Course  
10/18/21-12/11/21

1 unit

Pass/No Pass

Instructor:

Rebecca Ferrelli

CRN: 23853

Online, Asynchronous Course

EAC 088 is designed to provide students specific and tangible coping strategies for dealing with anxiety related disabilities and managing stress. Students will be able to identify physiological and psychological symptoms of anxiety and address how thoughts, emotions and behavior interact with each other.

