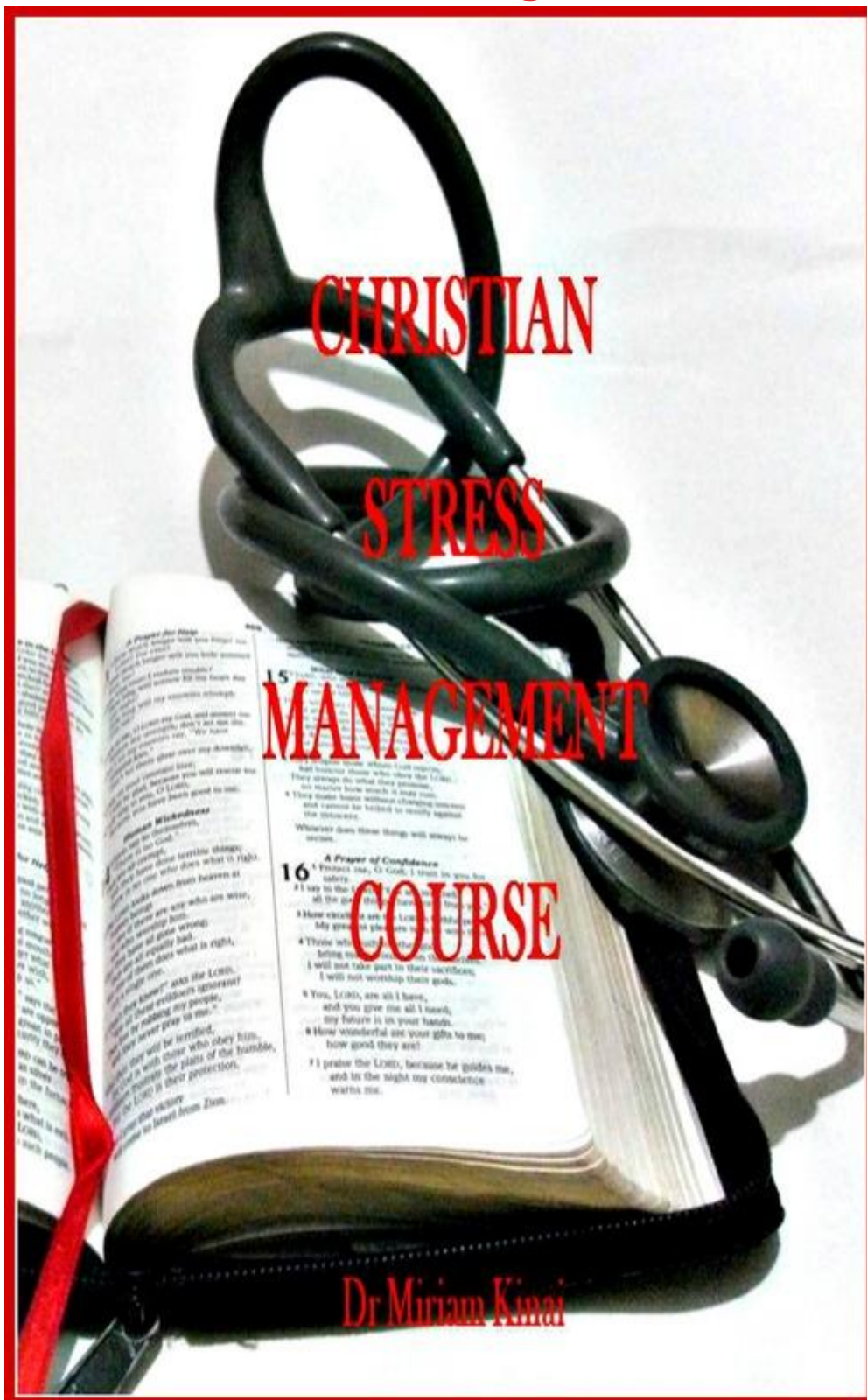


Christian Stress Management Course



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The Christian Stress Management Course teaches you how to manage stress effectively by combining

time tested Biblical Principles with medically proven relaxation techniques. Course Objectives By the end of the course you will be able to: 1. Define stress 2. Name different sources of stress 3. Explain how the body responds to stress 4. Describe the physical, mental, emotional and behavioral symptoms of stress 5. Manage stress by using Biblical principles 6. Manage stress by using medical relaxation techniques 7. Know how to stop worrying 8. Know how to defeat fear

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