

COURSE SYLLABUS

Stress Management - Psychophysiological Responses & CIM Restoration Methods

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Required Materials: Notebook or Journal, Pen

Software Requirements: Ability to access cited resources online.

Books: Offered as reference or reading recommendations to elevate the interactive experiences

COURSE SUMMARY

Three 90-minute courses are offered virtually, either live or self-paced. This course targets three theoretically connected categories, the body, mind, and soul. Each course was developed to discuss the psychophysiological stressor responses within each category, relate them to compromised immunity symptoms and lifestyle factors influencing health imbalances, and introduce complementary and integrative medicine methods for optimizing health functionality and quality of life.

The CIM methods are correlated into subcategories where Practice Well relates to the body, Be Well relates to the mind, and Live Well relates to the soul. Each acts as a guide for the types of CIM methods provided under each subcategory.

COURSE OUTCOMES & COMPETENCIES

Completing a course will offer a deeper understanding of physical, mental, and emotional immunity responses to stress. Key takeaways will offer valuable complementary and integrative lifestyle interventions for incorporating a patient-centered approach to alter stress by activating the parasympathetic nervous system.

CIM methods provided are for regulating stress responses and immune function. Each uniquely contributes to the core competencies mastered from this course including heightened self-awareness, self-regulation, self-confidence, improved decision-making, planning and organization skills, motivational skills, and work-life balance.

Course I - Practice Well - VITAMINS, HERBAL SUPPLEMENTATION and NUTRITION

This course was developed to discuss the physical stress response relating to chronic inflammation, aches, and pains. It is designed to highlight and introduce nourishing, anti-inflammatory food groups, the influence and effectiveness of a positive food-mood shift, and explore quality herbal, or vitamin supplementation as an optional support for optimizing health, well-being, and overall physical performance.

Interactive Experience: Based upon the discussed material, Create a Personalized Physical Inflammatory Stress Chart, define 3-5 nourishing food groups and 2-3 micronutrients for each stress response. Utilize supplied nutritional reference links available within the course content.

Course II - Be Well -Complimentary and Integrative Medicine Methods

This course was developed to discuss the mental and emotional stress response relating to chronic inflammation, aches, and pains. CIM methods found within the 8 Limbs of Yoga, mindfulness, mindset, meditation, and movement will be addressed coupled with the acronym R.E.L.A.X. which compiles it together as a unique method for activating the parasympathetic nervous system to restore balance.

Interactive Experience: Journaling, Sensory Acuity Meditation, Visualization Choice Option

Course III - Live Well - LAVENDULA WELLNESS RETREATS

A live or self-paced retreat style experience will encapsulate the foundation of this course where a discussion will introduce the Chakra and Anatomy System to harmonize the psychophysiological responses to stress, such as migraines, sleep quality, and brain fog. The word “dula” in Sanskrit means a shaking of the 7 Kritika. (star cluster) The energy of LWR allows one to shake up the universe inside of the physical body toward restoration and alignment with peace of mind.

Interactive Experience: Based upon the discussed material, Define 3-5 personal psychophysiological stressors to the mind-body and list the coordinating Chakra. Option to highlight anatomy for a more concentrated analysis. (Ex. Brain fog, Crown, and Solar Plexus Chakra, Brain-Gut Health)