

# NURS 180

## Stress and Strategies to Promote Well Being



Introduction to foundational knowledge related to stress, stressors, resilience, social support, and strategies to foster physical, mental, emotional, and spiritual health. Open to all students interested in learning about managing and navigating the stressors of student life.

**3 Credits**

**UBC Vancouver Campus**

**2021 Winter Session | In-person Seminar**

Section	Term	Days	Start	End
001	1	Tue Thu	14:30	16:00
101	1	Mon Wed	16:00	17:30
102	1	Wed Fri	09:00	10:30
002	2	Tue Thu	14:30	16:00
201	2	Mon Wed	16:00	17:30
202	2	Wed Fri	09:00	10:30

This course is eligible for Credit/D/Fail grading. To determine whether you can take this course for Credit/D/Fail grading, visit the [Credit/D/Fail website](#). You must register in the course before you can select the Credit/D/Fail grading option.



THE UNIVERSITY OF BRITISH COLUMBIA

School of Nursing