

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
2018 Winter Session

Section	Term	Days	Start	End
001	1	Tue Thu	14:30	16:00
002	2	Mon Wed	13:00	14:30



THE UNIVERSITY OF BRITISH COLUMBIA
School of Nursing

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.