**Nebraska Wesleyan University**

# HHP 2040 Stress and Disease Management

## Catalog

2023-2024

## Course Description

A course designed to develop and expand information about stress, mental health, and major chronic diseases. The course will present causes and warning signs of major chronic diseases and coping strategies for emotional stress.
(Normally offered each spring semester.)

Archway Curriculum: Integrative Core: Human Health and Disease Thread

## Course Hours

2 hours

## Departments

1. Health and Human Performance (Undergraduate)