



Managing Stress and Living Well: A Proactive Approach to Better Health (Hybrid) **Syllabus**

Mondays / 10:45 am-12:15 pm,

Summer 2026

MAB 2 (Hybrid)

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Course Description

This course provides an understanding of how stress affects the whole person - physically, mentally, emotionally, socially, and spiritually, and how to proactively build habits that support resilience, clarity, energy, and wellbeing.

Rather than treating stress as only a mental or emotional issue, this course presents stress as a whole-body health issue that influences sleep, energy, mood, relationships, memory, and quality of life.

Participants will learn how to reduce strain on their systems, improve recovery, and build practical structures that support better health and daily function.

Week	Topic	Notes
Week 1 / May 25, 2026	Memorial Day	No class
Week 2 / June 01, 2026	Understanding Stress and the Body	Stress is not always bad Acute vs chronic stress Effects of stress on the body
Week 3 / June 08, 2026	Stress, Energy, and Fatigue	The stress energy relationship Participants learn to identify fatigue as a stress signal
Week 4 / June 15, 2026	Rest and Recovery	Rest as a foundational recovery system Importance of sleep for memory, mood, and reduced inflammation Rest beyond sleep

		Participants learn how to improve rest and recovery practically.
Week 5 / June 22, 2026	Nutrition, Stress, and Healthy Aging	How food affects energy, mood, and inflammation Nutrition as a daily stress-management tool Participants understand how food supports energy, clarity, and resilience.
Week 6 / June 29, 2026	Stress, Memory, and Mental Clarity	When stress affects focus, recall, and concentration - Stress and cognitive health Participants understand how stress affects mental sharpness and what helps.
Week 7 / July 06, 2026	Emotional Health, Anxiety, and Overwhelm	How stress affects mood, patience, and emotional balance - Emotional regulation and stress resilience Participants gain tools for emotional steadiness and reduced reactivity.
Week 8 / July 13, 2026	Relationships, Loneliness, and Social Health	Why connection is protective for health - Social connection as a health factor Participants understand social connection as part of health maintenance.
Week 9 / July 20, 2026	Purpose, Meaning, and Living Well (Guest Speaker Name TBA)	Reconnecting with purpose - How purpose protects health A practical framework for re-identifying our "WHY" Participants reconnect to meaning as part of a fulfilling life
Week 10 / July 27, 2026	Building a Sustainable Personal Wellness Plan	Turning insight into practical daily living - Integration and practical application Participants leave with a practical personal wellness framework.

*Content/order/classes/speakers subject to change if necessary.

It is **OK** to still be working on things when you turn your **Syllabus in**. Please turn your Syllabus in **ON TIME**, with "TBA" for **ANYTHING** you are still working on setting up.