



**Duration : Regular (1 Year)  
Fast Track(3 Months)**

# DIPLOMA IN STRESS MANAGEMENT

## Course Description

Diploma program in stress management course covers common causes of stress and guides through different method of distressing. Course explains disorders that can be caused by stress and the symptoms to look out for both in yourself and others. Sometimes, life can get a bit too stressful. That's normal, and we all have to find ways of dealing with it. But it really can feel impossible at times. This course give you some great insights into the causes and triggers of stress, and guides you through simple activities you can use to destress more often. The course will teach you about assertiveness and how to asses our own personality type of stress management purpose and also focuses on how to use adaptive and maladaptive copying strategies as well as problem focuses copying strategies in different stressful situations



**Eligibility: 10th Pass**



**Experience: 2 Years**



## ABOUT US

N.I.M.S is a division of Norwich Group based in South India for more than a decade. Norwich Institute of Management Studies helps in training, online courses and online exams. All the Certificates are affiliated from International Council of Distant Education (ICDE). All the online courses and exams will be well monitored by the institution and, the provided certificates are ISO certified and can also be used for International Travel and study based programs.

## Our Subjects

- Essentials of Management
- Communication Skills
- Problem solving and Conflict Management
- Emotional Intelligence
- Managing Stress

## Exam & Duration:

**Online Exam: 2 hours/paper**

**Total Fees For Indian Residents : Rs. 15500**

**Total Fees For Foreign Residents : US \$ 250**