



# PSYCHOLOGY OF STRESS, HEALTH AND WELL-BEING

## PROF. DILWAR HUSSAIN

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IIT Guwahati

**INTENDED AUDIENCE :** UG and PG students of Humanities and Social Sciences, Sciences and Engineering

### COURSE OUTLINE :

In today's world, mental distress and disorders are common and accounting for a significant burden of disability within nations. However, at the same time, there has been a growing interest in understanding and enhancing positive mental health and wellbeing particularly in the field of psychology. Overall, this course systematically addresses the issues of health, adjustment and well-being. It reviews the topics of stress and health while adding happiness and well-being theory and research to enrich our understanding of both negative and positive side of human behavior. Overall, this course will attempt to provide insights from the field of psychology to make your life more satisfying and meaningful.

### ABOUT INSTRUCTOR :

Prof. Dilwar Hussain is an associate professor of psychology in the Department of Humanities and Social Sciences, Indian Institute of Technology Guwahati. His research interests are psychology of traumatic stress, positive psychology and well-being.

### COURSE PLAN :

**Week 1:** Stress, health and well-being: Overview; Nature and physiology of stress

**Week 2:** Stress, trauma and health: Mind-body connections; Stress and non-infectious diseases; Stress and infectious diseases; Stress and psychological disorder

**Week 3:** Positive aspects of stress and trauma: Stress, trauma and posttraumatic growth; Factors influencing stress tolerance

**Week 4:** Coping processes and strategies 1 : Types of coping strategies; Coping strategies of limited value; Unconscious mind and defensive coping; Characteristics of constructive coping; physical ways of coping

**Week 5:** Coping processes and strategies 2: Mind-body strategies; Mental ways of coping; Coping with social support and meaning in life; Mindfulness and acceptance

**Week 6:** Beyond stress and recovery: Positive mental health and well-being

**Week 7:** Psychology of happiness: What is happiness? What makes us happy? Socio-economic factors and happiness; Positive emotions

**Week 8:** Can we become happier? Genetic set-point and hedonic adaptation; Sustainable happiness model and intentional activities

**Week 9:** Happiness Activities 1: Expressing gratitude and positive thinking; Love and kindness; Avoiding overthinking and social comparison

**Week 10:** Happiness Activities 2: Identifying signature strengths; Achieving happiness with "Flow".

**Week 11:** Is happiness sufficient? The concept of eudaimonic well-being; Self-determination and motivation

**Week 12:** Meaning and purpose in life: The concept of meaning in life and logotherapy; Life goals