



WSZECHNICA

UNIWERSYTETU  
JAGIELLOŃSKIEGO

# Stress. Emotions. Resilience.

How to strengthen mental resilience and deal with stress effectively.

Video course



## About the course

A wise approach to stress management and forming habits that support lowering tension is crucial to our health. It allows us to better cope with adversity and shape a counterbalance to unpleasant situations.

The course provides an opportunity to better understand how the mechanism of stress works. By attending the training, you will receive practical tips on how to deal with stress from both physiological and psychological perspectives. You will learn what stress is: short-term, chronic and traumatic, what factors cause them and how to deal with them. You will deepen your understanding of the concept of resilience and its importance in building effective mental resilience. You will learn the importance of how you feel, the nature of emotions and their functions.

If you or your loved ones are struggling with stress, in the material you will get support, guidance to whom or which program to choose to work with, and what you can expect by choosing the indicated forms of work.

The course is also enriched with additional materials, in the form of PDF files. They allow you to understand the topic even more deeply, access external sources of knowledge and practice selected situations from the topic of stress.





# The course scope

## **PART 01**

Stress mechanism

## **PART 02**

Short-term stress

## **PART 03**

Chronic stress

## **PART 04**

Traumatic stress

## **PART 05**

Emotions

## **PART 06**

Resilience

## **PART 07**

When to consult with a specialist?



## Part 1

It is an introduction to the entire course.

After listening to the recording, you will learn what stress really is. You will be able to interpret your behavior in a stressful situation from a physiological and psychological perspective. You will learn about the types of stress (short-term stress, chronic stress, traumatic stress) that can accompany you on a daily basis. You will learn what stressors cause the indicated type of tension and what risks they carry in reference to everyone's health. You will understand what the mechanism of stress is, what elements it consists of and what reactions it causes. You will learn effective tension reduction techniques that will support the building of your mental resilience. In the PDF materials you will also get exercises, links to additional video content and sources that provide complementary reading on the subject.

## Part 2

Provides a deeper understanding of the topic of short-term stress.

You will learn what short-term stress is, how long it lasts and where its sources are in everyday life. The course will help you understand how your attitudes and beliefs about stress affect its interpretation. You will learn effective ways to deal with short-term stress from two perspectives: physical (physiological view and panoramic view) and psychological. By attending the course, you will have the opportunity to look at stress in a paradoxical way - not as an enemy, but as an ally that will help stimulate the tasks you undertake in your daily life. In the PDF materials, you will also receive exercises, links to additional audio/video content and sources that provide complementary reading on the subject.





## Part 3

Allows you to explore the topic of chronic stress.

You will learn what chronic stress is. You will be able to determine whether you are dealing with it in everyday life. You will learn what consequences, are associated with experiencing it. You will be aware of the biggest pitfalls of chronic stress. You will learn how to react and deal with chronic stress from the perspective of two levels: physiological and psychological. In the PDF materials, you will also receive exercises, links to additional audio/video content, and sources that provide complementary reading on this topic.



## Part 4

Explains what traumatic stress is and the consequences of it.

You will learn about situations that can trigger traumatic stress in you. Knowing the gravity of this topic, in the material you will also learn which places and programs provide support when experiencing this kind of stress and tension, or when someone close to you is in this difficult situation. You will learn how to deal with traumatic stress, but also what risks are associated with experiencing it in everyday life. In the PDF materials, you will also receive links to additional audio/video content and sources that provide complementary reading on this topic.



## Part 5

It is an introduction to the realm of emotions.

You will be able to better interpret your emotional states, recognize the signals that occur in the realm of emotions, and develop the ability to relate them to your assessment of the situation and how well your needs will be met in a given situation. You will learn what functions emotions perform. In the PDF materials, you will also receive exercises related to this topic and sources that provide complementary reading.

## Part 7

It gives you a better understanding of the context of seeking specialized help.

You will learn when and in what life situations you are facing it is worthwhile for you to go for help or advice. It gives tips on who to turn to (individually), what programs to use (in a company) so that you get professional and reliable support. The material explains what you can expect when seeking help from a specialist and what the process looks like. In the PDF material, you will also receive a link to the Register of Psychotherapists and sources that provide complementary reading on this issue.

## Part 6

Allows you to better understand the concept of resilience.

You will learn what resilience actually is, how to strengthen it and how to interpret it in specific contexts. You'll learn methods to lower the built-up tension you feel from two perspectives: physical (i.e., exposure to cold, breathing exercises, intense physical exercise) and psychological (focusing on absorbing and activating good experiences, creating equal opportunity for the way you think and feel, consciously directing your attention and mindfulness practices). In the PDF materials, you will also receive exercises, links to additional audio/video content and sources that provide complementary reading on this topic.





## The course leader

### Monika Gąsienica

psychologist, trainer, facilitator, consultant

Graduate of psychology at the Jagiellonian University. She holds MBTI and SHL OPQ certifications, as well as International Association of Facilitators. She completed Halina Nałęcz Nieniewska's School of Psychological Coaching Trainers, AD Professional Counseling Agency's Superior Professional Development Workshops and The Art and Science of Coaching course.

Her areas of specialization include training competencies, management of employee development processes and leadership of people - in particular, building and organizing a team. She also conducts training in negotiation and customer service. As a consultant, she has experience in creating and implementing competency-based job evaluation systems, competency profiles and competency testing methodologies for recruitment and development purposes. She has experience in acting as an assessor in AC/DC diagnosis.

She has implemented training and consulting projects for such clients as TUiR Warta, Volvo Polska, Makro Cash and Carry, Netia, Strabag, PKO BP, Santander Consumer Bank, Vattenfall, PricewaterhouseCoopers, KMPG, Elektrobudowa, Volkswagen, Toyota, Microsoft, Puratos Polska, Netto, IKEA.





## The course platform

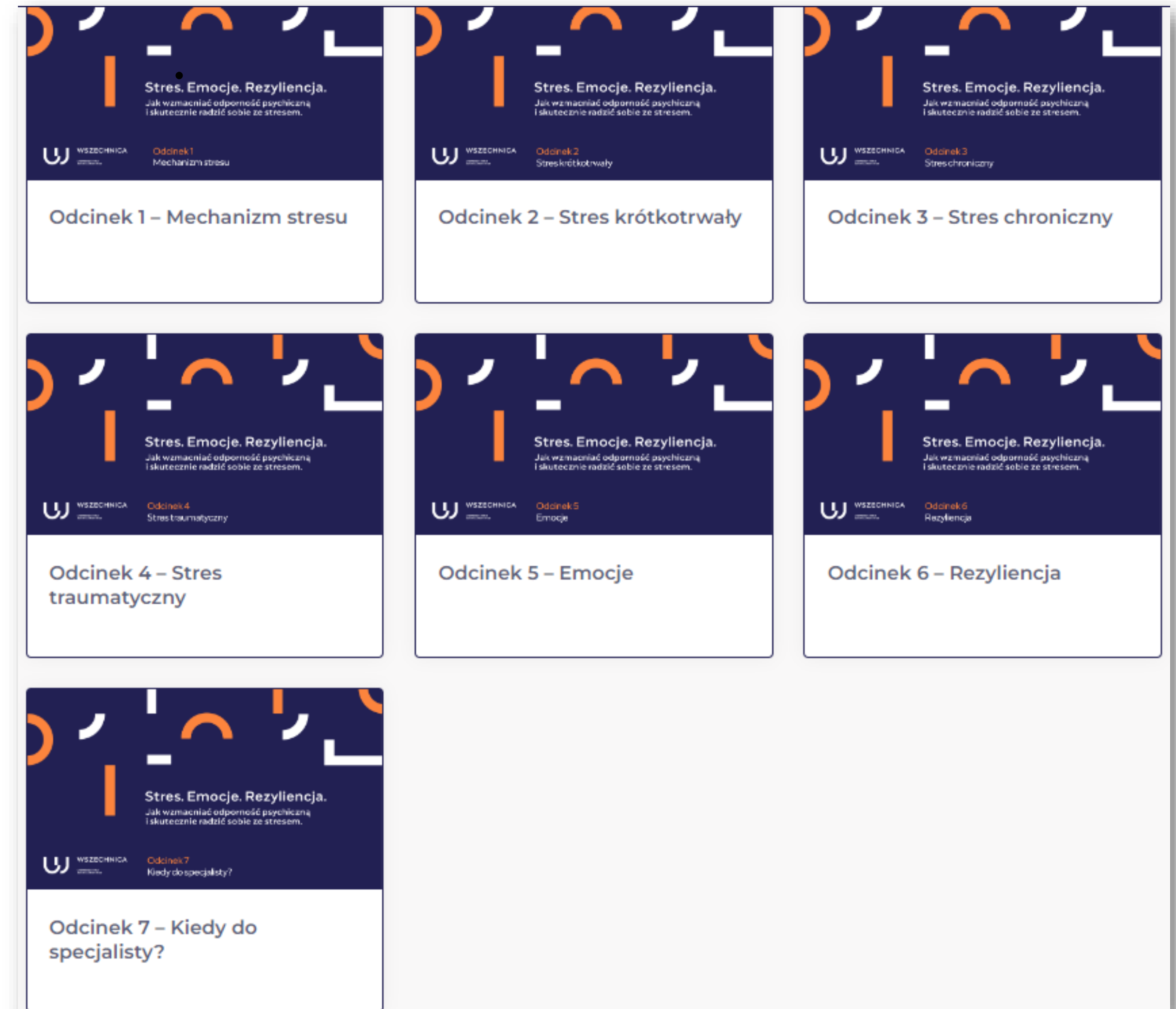
**Are you curious about the course platform?**

**Nothing easier... and literally!**

For the course, we chose an intuitive platform that will easily guide you through all the material. After logging into your individual account, you'll see a clear breakdown of the lessons into 7 video episodes, supplemented by a brief description and supplementary material in the form of PDF files.

There is also space for notes!

# Stress. Emotions. Resilience.







# The course platform

Easy navigation between the different parts of the course is provided by a clear menu with a table of contents, which is located on the left side of each section.

## Odcinek 1 – Mechanizm stresu

ODCINEK 2 – STRES KRÓTKOTRWAŁY ▶

Lista produktów > Stres. Emocje. Rezyliencja. > Odcinek 1 – Mechanizm stresu

The screenshot displays the course platform interface. On the left, a table of contents lists seven episodes: 'Odcinek 1 – Mechanizm stresu', 'Odcinek 2 – Stres krótkotrwały', 'Odcinek 3 – Stres chroniczny', 'Odcinek 4 – Stres traumatyczny', 'Odcinek 5 – Emocje', 'Odcinek 6 – Rezyliencja', and 'Odcinek 7 – Kiedy do specjalisty?'. The first episode is highlighted. The main area shows a video player for 'Odcinek 1 Mechanizm stresu' with a play button and a progress bar. The video player includes the University of Wrocław logo and the text 'WSZECHNICA' and 'UNIWERSYTET WROCLAWSKI'.

Stres. Emocje. Rezyliencja. ^
✓ Odcinek 1 – Mechanizm stresu
✓ Odcinek 2 – Stres krótkotrwały
● Odcinek 3 – Stres chroniczny
✓ Odcinek 4 – Stres traumatyczny
✓ Odcinek 5 – Emocje
✓ Odcinek 6 – Rezyliencja
✓ Odcinek 7 – Kiedy do specjalisty?

Stres. Emocje. Rezyliencja.  
Jak wzmacniać odporność psychiczną i skutecznie radzić sobie ze stresem.

WSZECHNICA UNIWERSYTET WROCLAWSKI

Odcinek 1 Mechanizm stresu

00:00

Odcinek 1 jest wprowadzeniem do całości kursu.

You can also track the progress of the course by clicking the "completed" button after each lesson you listen to.

When you complete the entire course on the platform, the system will automatically generate a certificate for you.

**Intuitive isn't it?**





The course includes:

- Access to the online platform where the course is placed;
- 172 minutes of video material divided into seven episodes;
- Supplementary material in the form of PDF files containing references to further knowledge sources and exercises;
- Upon completion of the course, a certificate of participation (generated on the online platform).

The price of the course is 456 PLN gross (price includes tax). To purchase access to the course, please visit the site:

<https://platforma-online.wszechnica.uj.pl/product/stres-emocje-rezyliencja/>

If you want to buy the course in increased quantity, please contact:

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