



## Stress management for medical students

### 1. IMPRINT

<b>Academic Year</b>	2025/2026
<b>Department</b>	Faculty of Medicine
<b>Field of study</b>	Medicine
<b>Main scientific discipline</b>	Medical sciences
<b>Study Profile</b>	General academic
<b>Level of studies</b>	Uniform MSc
<b>Form of studies</b>	Full time studies
<b>Type of module / course</b>	Non-compulsory (optional)
<b>Form of verification of learning outcomes</b>	Completion
<b>Educational Unit / Educational Units</b>	Department of Social Medicine and Public Health Medical University of Warsaw Medical Simulation Center Banacha Campus 3a Pawińskiego St., 02-106 Warsaw phone: 22 116 63 35 e-mail: <a href="mailto:msizp@wum.edu.pl">msizp@wum.edu.pl</a>

<b>Head of Educational Unit / Heads of Educational Units</b>	Prof. Aneta Nitsch-Osuch, MD, PhD
<b>Course coordinator</b>	Dr hab. Magdalena Łoś, mbogdan@wum.edu.pl
<b>Person responsible for syllabus</b>	Dr hab. Magdalena Łoś, mbogdan@wum.edu.pl
<b>Teachers</b>	Dr hab. Magdalena Łoś

## 2. BASIC INFORMATION

<b>Year and semester of studies</b>	I,II – winter and summer semester	<b>Number of ECTS credits</b>	2.00
<b>FORMS OF CLASSES</b>		<b>Number of hours</b>	<b>ECTS credits calculation</b>
<b>Contacting hours with academic teacher</b>			
Lecture (L)			
Seminar (S)		30	1.20
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
<b>Unassisted student's work</b>			
Preparation for classes and completions		20	0.80

## 3. COURSE OBJECTIVES

O1	This course will cover the major information about well-being, including stress management and counteracting burnout in medical practice.
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## 4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

<b>Code and number of effect of learning in accordance with standards of learning</b>	<b>Effects in the field of:</b>
<b>Knowledge – Graduate* knows and understands:</b>	

<b>Skills– Graduate* is able to:</b>	
D.U4	demonstrate responsibility for improving their qualifications and passing on knowledge to others

\* In appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023 „graduate”, not student is mentioned.

<b>5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)</b>	
<b>Number of effect of learning</b>	<b>Effects of learning in time</b>
<b>Knowledge – Graduate knows and understands:</b>	
<b>Skills– Graduate is able to:</b>	
<b>Social Competencies – Graduate is ready for:</b>	
K.1.	using objective sources of information

<b>6. CLASSES</b>		
Form of class	Class contents	Effects of Learning
(S) seminar 1 online	Introduction. Stress and biology – the effects of excess stress on the nervous system.	D.U4., K.1.
(S) seminar 2 online	Steps to beating professional stress, burnout and overstimulation.	D.U4., K.1.
(S) seminar 3 online	Stress reduction methods and emotion regulation – meditation, mindfulness, bodywork (body scanning), yoga, relaxation exercises, breathing techniques.	D.U4., K.1.
(S) seminar 4 online	Somatic Experiencing (SE) techniques through awareness and regulation of the nervous system.	D.U4., K.1.
(S) seminar 5 online	Working with emotions and beliefs – analysis of sample methods: cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), EMDR, Internal Family Systems (IFS).	D.U4., K.1.
(S) seminar 6 online	The role of lifestyle (diet, physical activity, sleep) in maintaining everyday psycho-physical wellbeing.	D.U4., K.1.
(S) seminar 7 online	Practical exercises on strengthening mental resilience.	D.U4., K.1.

<b>7. LITERATURE</b>

1. Halbesleben J., Managing Stress and Preventing Burnout in the Healthcare Workplace (ACHE Management) 1. Edition, 2010
2. Donnelly G., Overcoming Secondary Stress in Medical and Nursing Practice, 2021

#### Supplementary

### 8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.U4., K.1.	E-learning seminars attendance, 3 written assignments in frame of the project and final test at the e-learning platform.	Test pass >70% correct answers.

### 9. ADDITIONAL INFORMATION

The course is available on the platform [www.e-learning.wum.edu.pl](http://www.e-learning.wum.edu.pl). Student must learn all materials uploaded to the modules on the platform. After each module there are questions (quizzes) or task related to its subject. Student must send written assignments (tasks) to the teacher (using e-learning platform) and receive a positive evaluation. Student must sent them before proceeding to the final test. Student must pass the final test (available on the e-learning platform) to obtain a credit. Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

#### ATTENTION

The final 10 minutes of the last class in the block/semester/year should be allocated to students' Survey of Evaluation of Classes and Academic Teachers.

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