Stress & Hormones: Course Outline and Objectives

Are you someone whose always anxious? Do you have trouble sleeping? Do you worry too much about things you can’t control? Do you find yourself needing that extra cup of coffee to get you through the day? If you answered “yes” to any of the following questions, this course is for you. Believe me, I’ve been where you are. I’ve been too stressed, had a lot of issues from stress, and even had them dismissed as “normal”. This lead me to dig deeper and figure out the root cause.

In this course you’ll be able to learn what stress hormones are, how they affect our body systems, how to identify stressors, and how to make changes to better handle stress.

1. Introduction
	1. Meet Dr. Oz and get excited about this course. Be ready to take charge of your health.
2. What Is Stress?
	1. Define stress.
	2. Identify the four major groups of stressors.
	3. Figure out where in your life the stressors are coming from. Is there a group that holds most of your stressors?
3. The Stress Response
	1. Determine the three stages of the stress response.
	2. Understand where you currently fall in the stress response.
4. What Are Our Stress Hormones?
	1. Learn about stress hormones and how they are produced.
	2. Understand the difference between catecholamines and glucocorticoids.
5. Cortisol: Good or Bad?
	1. Identify signs and symptoms of too much cortisol.
	2. Understand the cortisol graph.
	3. Understand what it means to have adrenal fatigue.
6. How Stress Affects Our Body
	1. Learn how stress affects the heart.
	2. Learn how stress affects our thyroid.
	3. Learn how stress can lead to insulin resistance and diabetes.
	4. How stress weakens the immune system.
7. Supplements That Help Combat Stress
	1. Learn the benefits of supplementation: what to take and why.
8. How Can I Lower Stress And Improve My Health?
	1. Here we’ll provide you with eight simple ways to live a healthier lifestyle.