



unitar

United Nations Institute for Training and Research

Unitar Online Catalogue

Understanding and Transforming Stress [UNV.2026.014]

Peace



: 31 Mar 2027

□□	:	Course
□□	:	Web-based
□□	:	8 □□ 2026 to 31 □□ 2027
□□	:	12 Months
□□□□	:	Peace Operations and Peacekeeping
□□	:	https://www.unitar.org/sustainable-development-goals/peace
□□	:	US\$0.00
□□□□	email:	ptp@unitar.org
□□	:	UNV (612)



By the end of the course, learners will be able to:

- Define basic, cumulative and chronic stress;
- Describe common causes and consequences of stress;
- Show self-awareness of personal stress levels;
- Identify useful habits to decrease stress levels and manage stress.



UNITAR recommends the following as a minimum in hardware and software to take our e-Learning courses. Please consult your Network Administrator or Systems person to ensure that you have the following:

Hardware requirements

- Desktop or laptop computer with Windows 10 or MacOS version 11 and later
- Tablet or mobile devices are not fully supported on some course tools
- Stable LAN or Wifi Internet connection

Browser

- Latest version of Mozilla Firefox (download for free at <https://www.mozilla.org>)
- Latest version of Google Chrome (download for free at <https://www.google.com/chrome>)
- Microsoft Edge or Safari (included in your computer)

Other software

- PDF reader (download for free at <https://get.adobe.com/uk/reader>)
- Microsoft Office for Windows or MacOS (compatible software can be downloaded at <http://www.openoffice.org/>)
- Video player (Quicktime for MacOS, Windows Media Player or compatible video player)
- Anti-virus

Other requirements

- Disable Pop-up blockers
- Enable cookies and java
- webcam and audio headset for courses that will require online meetings
- additional storage in case you need to download course materials