

# Open Awards

## Qualification Unit



This unit forms part of a regulated qualification. Click [here](#) to view qualifications.

### 1 Unit Details

Unit Title:	Managing Stress
Unit Reference Number:	J/615/6697
Level:	Level 1
Credit Value:	2
Minimum GLH:	18

### 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know what stress is	1.1 Define what is meant by a) Positive stress b) Negative stress
	1.2 Give a minimum of three possible causes of a) Short-term stress b) Long-term stress
2 Know about the possible effects of stress	2.1 Outline the possible effects of stress: a) Physiologically b) Emotionally c) Psychologically d) On relationships e) On professional life
3 Know how to avoid, reduce and manage stress	3.1 Identify strategies to support an individual to: a) Avoid stress b) Reduce stress c) Manage stress
	3.2 Identify personal triggers for stress
	3.3 Outline strategies for a) Identifying triggers

## b) Managing stress