

Open Awards

Qualification Unit



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1 Unit Details

Unit Title:	Managing Stress
Unit Reference Number:	A/615/6731
Level:	Entry 3
Credit Value:	2
Minimum GLH:	20

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know what stress is	1.1 Identify examples of: a) Positive stress b) Negative stress
	1.2 Give a minimum of one possible cause of a) Short-term stress b) Long-term stress
2 Know about the possible effects of stress	2.1 Identify a minimum of three possible effects of stress
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