

Open Awards Qualification Unit



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

1 Unit Details

Unit Title:	Managing Stress in the Workplace
Unit Reference Number:	H/615/7016
Level:	Level 1
Credit Value:	1
Minimum GLH:	9

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know what stress is and be able to identify it	1.1 Give a minimum of three possible causes of stress in the workplace
	1.2 Identify personal reactions to stress
2. Understand the consequences of stress	2.1 State the possible consequences of stress on <ul style="list-style-type: none">a) An individual's healthb) An Individual's professional performancec) Personal relationships
3 Know how to manage stress	3.1 Identify personal strategies for <ul style="list-style-type: none">a) Identifying stressb) Dealing with stressc) Avoiding stress
	3.2 Identify who can offer advice or help with stress <ul style="list-style-type: none">a) In a workplaceb) In personal life