

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Causes of Stress

**Unit Reference Number:** D/615/5586

**Level:** Entry Level One (1)

**Credit Value:** Two (2)

**Minimum Guided Learning Hours:** 20

| Learning Outcome (The Learner will): | Assessment Criterion (The Learner can):                         |
|--------------------------------------|---|
| 1. Know about stress                 | 1.1 Identify what stress is                                     |
|                                      | 1.2 Identify a minimum of two causes of stress in everyday life |
|                                      | 1.3 Identify a sign of stress                                   |
|                                      | 1.4 Give an example of a way to deal with stress                |