Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Dealing with Stress

Unit Reference Number: Y/615/5800

Level: Entry Level Two (2)

Credit Value: Two (2)

Minimum Guided Learning Hours: 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know how to deal with stress	1.1 Identify what stress is
	1.2 Identify at least two causes of stress in everyday life
	1.3 Identify at least two signs of stress
	1.4 Give an example of a way to deal with stress
	1.5 Demonstrate dealing positively with stress

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