

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Stress Management
Unit Reference Number:	R/615/6427
Level:	Entry 3
Credit Value:	3
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about stress	1.1 State what stress is
	1.2 List different types of stress
	1.3 List signs and symptoms of stress that may affect an individual
2. Know how stress affects health	2.1 State how stress can reduce personal health
	2.2 List conditions and/or disorders linked with stress
3. Know about potential causes of stress in everyday life	3.1 State causes of stress in everyday life
	3.2 List any potential causes of stress in their own lives
4. Be able to develop a personal plan to combat stress	4.1 Outline techniques used to manage stress
	4.2 Use techniques to manage stress