

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Managing Stress

Unit Reference Number: J/615/6697

Level: Level One (1)

Credit Value: Two (2)

Minimum Guided Learning Hours: 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know what stress is	1.1 Define what is meant by: a) Positive stress b) Negative stress
	1.2 Give a minimum of three possible causes of: a) Short-term stress b) Long-term stress
2. Know about the possible effects of stress	2.1 Outline the possible effects of stress: a) Physiologically b) Emotionally c) Psychologically d) On relationships e) On professional life
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