

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Managing Stress in the Workplace

Unit Reference Number: R/615/6993

Level: Entry Level Three (3)

Credit Value: Two (2)

Minimum Guided Learning Hours: 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about stress in the workplace	1.1 Identify possible causes of stress in the workplace
	1.2 State a personal reaction 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 health b) An Individual's professional performance c) Personal relationships
	3.1 State a strategy for managing stress in the workplace
3. Know how to manage stress in the workplace	3.2 Identify who can offer advice or help with stress: <ul style="list-style-type: none"> a) In the workplace b) In personal life