

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Managing Stress in the Workplace

Unit Reference Number: H/615/7016

Level: One (1)

Credit Value: One (1)

Minimum Guided Learning Hours: 9

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know what stress is and be able to identify it	1.1 Give a minimum of three possible causes of stress in the workplace
	1.2 Identify personal reactions 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. Know how to manage stress
3. Know how to manage stress	3.1 Identify personal strategies for: <ul style="list-style-type: none"> a) Identifying stress b) Dealing with stress c) Avoiding stress
	3.2 Identify who can offer advice or help with stress: <ul style="list-style-type: none"> a) In a workplace b) In personal life