Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Stress and Stress Management Techniques

Unit Reference Number: L/615/9116

Level: Level Two (2)

Credit Value: Three (3)

Minimum Guided Learning Hours: 24

Learning Outcome (The Learner will):		Assessment Criterion (The Learner can):	
1.	Understand the term stress	1.1	Define what stress is
		1.2	Identify different types of stress
2.	Be able to recognise signs and symptoms of stress	2.1	List signs and symptoms of stress that may affect an individual
		2.2	Relate signs and symptoms of stress to its long term influence on personal health
3.	Know how stress affects health	3.1	Describe how stress can reduce personal health
		3.2	Identify conditions and disorders associated with stress
4.	Know about potential causes of stress in everyday life	4.1	Describe a range of causes of stress in different settings
		4.2	Assess potential causes of stress in their own lives
5.	Be able to design a personal plan to combat stress	5.1	Explain a limited range of techniques used to manage stress
		5.2	Use a range of techniques to manage stress

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