

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Stress Management Techniques

Unit Reference Number: L/618/1230

Level: Entry Level One (1)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Be able to recognise a symptom of stress	1.1 Communicate what is meant by stress
	1.2 Communicate at least one symptom of stress
	1.3 Communicate how stress makes the body feel
2. Know about the causes of stress	2.1 Communicate a possible cause of stress
	2.2 Communicate at least one example of own stressors
3. Know about the benefits of using relaxation as a strategy	3.1 Communicate at least one strategy for relaxing during times of stress
	3.2 Communicate how this/ these strategies helps to make the body relax
4. Know about coping strategies	4.1 Identify at least one strategy for reducing and managing stress
	4.2 Communicate how to use at least one of these strategies
5. Be able to practice a relaxation technique	5.1 Demonstrate at least one technique for relieving stress
	5.2 Communicate if the technique was helpful