

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Stress Management Techniques

Unit Reference Number: A/618/1239

Level: Entry Level Two (2)

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 List at least two symptoms of stress
	1.3 Outline the effect of stress on the body
	1.4 Communicate at least one type of stress
2. Know about the causes of stress	2.1 Communicate the possible causes 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 help to reduce stress
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 Communicate a potential stressful situation.
	5.2 Demonstrate at least one technique for relieving stress
	5.3 Communicate if the technique was helpful.