

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Stress Management Techniques

Unit Reference Number: L/618/1245

Level: Entry Level Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Be able to recognise the symptoms of stress	1.1 Identify what is meant by stress
	1.2 List at least three symptoms of stress
	1.3 Outline the effect of stress on the body
	1.4 Identify at least two different types of stress
2. Know about the possible causes of stress	2.1 List the possible causes of stress
	2.2 Give examples of own stressors
3. Know about the benefits of using relaxation as a strategy	3.1 Identify different strategies for relaxing during times of stress
	3.2 State how these strategies help to reduce stress
4. Know about coping strategies	4.1 Identify at least two strategies for reducing and managing stress
	4.2 State how to use at least one of these strategies
5. Be able to practice a number of relaxation techniques	5.1 Identify a potential stressful situation.
	5.2 Demonstrate at least one technique for relieving stress
	5.3 Identify if the technique was helpful.