

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Stress Management Techniques

**Unit Reference Number:** H/618/1249

**Level:** Level One (1)

**Credit Value:** Three (3)

**Minimum Guided Learning Hours:** 27

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Be able to recognise the symptoms of stress	1.1 State what is meant by stress
	1.2 List the symptoms of stress
	1.3 Record the effect of stress on the body
	1.4 Comment on different types of stress
2. Know about the possible causes of stress	2.1 Outline 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 a range of strategies for reducing and managing stress
	4.2 Describe how to use at least one of these strategies
	4.3 Outline the benefits of these strategies
5. Be able to practice a number of relaxation techniques	5.1 Identify areas of possible tension in the body when stressed
	5.2 Demonstrate different techniques for relieving tension and stress
	5.3 Comment on their effectiveness