

Unit Title: Stress Management
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJC412
Ofqual Unit Code: H/506/0596

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about stress.	1.1	State what stress is.
		1.2	List different types of stress.
		1.3	List signs and symptoms of stress that may affect an individual.
2.	Know how stress affects health.	2.1	State how stress can reduce personal health.
		2.2	List conditions and/or disorders linked with stress.
3.	Know about potential causes of stress in everyday life.	3.1	State causes of stress in everyday life.
		3.2	List any potential causes of stress in their own lives.
4.	Be able to develop a personal plan to combat stress.	4.1	Outline techniques used to manage stress.
		4.2	Use techniques to manage stress.

Assessment Guidance:

NA

Additional Information:

NA
