

Unit Title: Understanding Stress And Stress Management Techniques
Unit Level: Level 1
Unit Credit Value: 3
GLH: 27
LASER Unit Code: WJC413
Ofqual Unit Code: H/506/0601

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand 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 the possible causes of stress.	2.1	Using examples, outline the possible causes of stress.
		2.2	Give examples of own stressors.
3.	Understand 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 a range of coping strategies in relation to stress.	4.1	Identify a range of strategies for reducing and managing stress.
		4.2	Show how to use at least one of these strategies and outline the benefits.
5.	Be able to undertake 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.

Assessment Guidance:

NA

Additional Information:

NA