

Unit Title: Stress And Stress Management Techniques
Unit Level: Level 3
Unit Credit Value: 6
GLH: 42
LASER Unit Code: WJD571
Ofqual Unit Code: H/504/8822

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the term stress.	1.1	Analyse different definitions of the term 'stress'.
		1.2	Compare and contrast different types of stress.
2.	Be able to recognise signs and symptoms of stress.	2.1	Explain different signs and symptoms of stress that may affect an individual.
		2.2	Evaluate their long term influence on physical health.
3.	Understand potential causes of stress in everyday life.	3.1	Analyse different causes of stress at home.
		3.2	Analyse different causes of stress in the workplace.
4.	Understand a range of stress management techniques.	4.1	Compare and contrast different techniques used to manage stress.
		4.2	Use stress management techniques.
		4.3	Evaluate stress management techniques.
5.	Be able to devise a stress management action plan.	5.1	Assess potential causes of stress.
		5.2	Explain suitable stress management techniques.
		5.3	Explain how the stress management action plan would be evaluated.

Assessment Guidance:

NA

Additional Information:

NA
