

<b>Title:</b>	Understanding Stress and Stress Management Techniques.
<b>Level:</b>	1
<b>Credit value:</b>	3
<b>GLH:</b>	27
<b>Unique Reference Number:</b>	R/505/1246
<b>Sector Subject Area:</b>	14.1 Foundations for Learning and Life
<b>Aim:</b>	The aim of this unit is to provide learners with the skills and knowledge to be able to understand stress and stress management techniques.
<b>Assessment Type:</b>	Assessment of this unit will be through the completion of internally set and internally assessed evidence.

### Learning outcomes

*The learner will:*

1. Be able to understand the symptoms of stress.

#### **Delivery content:**

The aim of this learning outcome is to provide learners with the knowledge to understand the symptoms of stress.

The learner must:

- 1.1 State what is meant by stress.
- 1.2 List **symptoms of stress**.
- 1.3 Discuss the **effects of stress** on the body.
- 1.4 Discuss the **different types of stress**.

2. Understand the possible causes of stress.

#### **Delivery content:**

The aim of this learning outcome is to provide learners with the knowledge about the possible causes of stress.

The learner must:

- 2.1 Give three **examples of the causes of stress**.
- 2.2 Give examples of own stressors.

3. Understand the benefits of using relaxation as a strategy.

**Delivery content:**

The aim of this learning outcome is to provide learners with the knowledge about the benefits of using relaxation as a strategy.

The learner must:

- 3.1 Identify **different strategies for relaxing** during times of stress.
- 3.2 State how these strategies help reduce stress.

4. Understand coping strategies.

**Delivery content:**

The aim of this learning outcome is to provide learners with the knowledge to understand coping strategies.

The learner must:

- 4.1 Identify **strategies for reducing stress**.
- 4.2 Identify **strategies for managing stress**.
- 4.3 Show how to use one of these strategies.
- 4.4 Identify the benefits of these strategies.

5. Be able to practice a number of relaxation techniques.

**Delivery content:**

The aim of this learning outcome is to provide learners with the knowledge and skills to practice a number of relaxation techniques.

The learner must:

- 5.1 Identify possible areas of tension in the body when stressed.
- 5.2 Use different techniques for relieving tension.
- 5.3 Discuss their effectiveness.

**Scope of Training**

The Scope of Training identifies areas that must be covered during the delivery of this unit. This is the minimum that is expected but tutors are expected to include other areas, knowledge of which will benefit their learners, based on location, types of work available and from the tutors own professional experience.

<b>Requirements</b>	
<b>1.2 Symptoms of stress.</b>	Could include: <ul style="list-style-type: none"> <li>• Physical symptoms – headaches, fatigue, muscle tension or pain, sleep disturbance, etc.</li> <li>• Emotional symptoms – anxiety, depression, restlessness, irritability, lack of focus.</li> <li>• Cognitive symptoms – memory problems, racing thoughts, excessive worrying, difficulty concentrating.</li> <li>• Behavioural symptoms – procrastinating, withdrawal, nervous habits, changes in appetite.</li> </ul>
<b>1.3 Effects of stress on the body.</b>	Could include, but not limited to: <ul style="list-style-type: none"> <li>• Elevated heart rate.</li> <li>• Elevated blood pressure.</li> <li>• Stiffness and tension in joints and muscles.</li> <li>• Fatigue.</li> <li>• Weight gain / loss.</li> <li>• Shallow or rapid breathing.</li> </ul>
<b>1.4 Different types of stress.</b>	Should include: <ul style="list-style-type: none"> <li>• Acute stress.</li> <li>• Chronic stress.</li> </ul>
<b>2.1 Examples of the causes of stress.</b>	Could include: <ul style="list-style-type: none"> <li>• Work-related causes – tight deadlines, heavy workloads, conflicts.</li> <li>• Financial causes – Debt, unemployment or job loss, unexpected expenses.</li> <li>• Relationship causes – break-ups or divorce, family conflicts or tension, communication problems.</li> <li>• Health related causes – chronic illness or pain, injury or disability, medical treatments.</li> <li>• Life transitions – moving house, moving job, getting married, having a child or becoming a parent.</li> <li>• Traumatic events – bereavement, accidents and injuries, abuse or assault.</li> <li>• Environmental causes – noise pollution, air pollution, overcrowding.</li> </ul>
<b>3.1 Different strategies for relaxing.</b>	May include: <ul style="list-style-type: none"> <li>• Deep breathing.</li> <li>• Meditation.</li> <li>• Yoga.</li> <li>• Relaxing audio.</li> <li>• Walks or physical self-care.</li> <li>• Journalling / keeping a diary.</li> </ul>
<b>4.1 Strategies for reducing stress.</b>	Could include: <ul style="list-style-type: none"> <li>• Identify stressors.</li> <li>• Time management.</li> <li>• Exercise regularly.</li> <li>• Reach out for support.</li> <li>• Practice mindfulness.</li> </ul>

<b>4.2 Strategies for managing stress.</b>	Could include: <ul style="list-style-type: none"><li>• Engage in relaxation techniques.</li><li>• Take regular breaks.</li><li>• Stay active.</li><li>• Practice time management.</li><li>• Set realistic goals.</li></ul>
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