



Dealing with Stress & Anxiety

Level: Entry Level

In successfully completing this unit, the learner will have	Evidence needed
demonstrated the ability to 1. discuss the techniques of dealing with stress and anxiety	Summary sheet
2. construct possible answers to stress and anxiety related problems	Student completed work
3. draw a poster to illustrate techniques for relieving stress and anxiety	Student completed work
shown knowledge of 4. at least three causes of stress and anxiety	Student completed work
5. advisory services available to give advice on stress and anxiety related problems	Student completed work
experienced 6. taking part in a group discussion.	Summary sheet

Approved 18 Mar 1999