



Emotional & Mental Well-Being

Level: Entry Level

In successfully completing this unit, the learner will have	Evidence needed
experienced 1. participating in a discussion about stress, anxiety and depression and strategies for coping with them	Summary sheet
demonstrated the ability to 2. identify at least five causes of stress	Student completed work and/or summary sheet
3. identify at least three signs of stress	Student completed work and/or summary sheet
4. identify at least three physical symptoms and at least three mental symptoms of anxiety	Student completed work and/or summary sheet
5. match at least three tips for coping with stress and/or anxiety with their benefits	Student completed work and/or summary sheet
6. identify at least one stress factor in own life and at least two strategies for coping with it	Summary sheet
7. identify at least three signs of depression	Student completed work and/or summary sheet
8. identify at least three causes of depression	Student completed work and/or summary sheet
9. identify at least three ways in which someone experiencing depression can help themselves	Student completed work and/or summary sheet
10. identify when it might be necessary to seek professional help for depression and/or anxiety and name at least three sources of help and advice	Student completed work and/or summary sheet

In successfully completing this unit, the learner will have	Evidence needed
11. identify at least two other behaviours which might indicate that a person is experiencing emotional or mental health difficulties.	Student completed work and/or summary sheet

Approved 13 Aug 2004