

# Introduction to Managing Stress

Level: Entry Level



THE  
**Resilient Minds**  
INITIATIVE

10827

In successfully completing this unit, the learner will have	Evidence needed
<b>demonstrated the ability to</b> 1. define what stress means to him/her	Summary sheet or student completed work
2. explain how stress affects us physically and emotionally	Summary sheet or student completed work
3. describe at least two techniques to manage stress	Summary sheet or student completed work
<b>experienced</b> 4. participating in brainstorming and discussions on the effects of stress	Summary sheet or student completed work
5. practicing at least two new techniques and strategies to reduce the effects of stress, eg relaxation and meditation.	Summary sheet

Approved 20 Jul 2017