



Aspire Award: Stress & Stress Management Techniques

Level: Level One

In successfully completing this unit, the learner will have	Evidence needed
demonstrated the ability to 1. outline what is meant by stress	Student completed work and/or summary sheet
2. identify at least two symptoms of stress	Student completed work and/or summary sheet
3. describe the effect of stress on the body	Student completed work and/or summary sheet
4. identify at least two different types of stress	Student completed work and/or summary sheet
5. describe a possible cause of stress	Student completed work and/or summary sheet
6. give an example of their own stressors	Student completed work and/or summary sheet
shown knowledge of 7. a strategy for relaxing during times of stress	Student completed work and/or summary sheet
8. how this strategy helps to reduce stress	Student completed work and/or summary sheet
9. at least two strategies for reducing and managing stress	Student completed work and/or summary sheet
10. how to use at least one of these strategies	Student completed work and/or summary sheet



In successfully completing this unit, the learner will have	Evidence needed
11. at least two benefits of these strategies	Student completed work and/or summary sheet
demonstrated the ability to 12. identify three areas of possible tension in the body when stressed	Student completed work and/or summary sheet
13. describe two different techniques for relieving tension and stress	Student completed work and/or summary sheet
14. outline the effectiveness of each technique.	Student completed work and/or summary sheet

Approved 19 Aug 2019