

<b>Title</b>	<b>Describe stress and ways of dealing with it</b>		
<b>Level</b>	<b>2</b>	<b>Credits</b>	<b>3</b>

<b>Purpose</b>	People credited with this unit standard are able to describe stress and its common sources and effects, and describe ways of dealing with stress.
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<b>Classification</b>	Core Generic > Self-Management
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<b>Available grade</b>	Achieved
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### Explanatory notes

- 1 This unit standard relates to knowledge of stress management. Credit for this unit standard should not be used as evidence that people have made individual progress in terms of their own stress management or that they are deemed to be free from negative effects of stress.
- 2 It is recommended that any programme of learning associated with this unit standard has input from a health, counselling, or human resource professional.
- 3 A resource to support assessment of unit standards can be found on the NZQA website at: <http://www.nzqa.govt.nz/for-providers/resources/index.html>.

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### Outcomes and evidence requirements

#### Outcome 1

Describe stress and its common sources and effects.

#### Evidence requirements

- 1.1 Description identifies potential sources of stress.
 

Range	may include but is not limited to – work, physical and mental health, relationships, family/whanau, technology, sport; evidence of two internal sources and two external sources.
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- 1.2 Description identifies the symptoms of stress.
 

Range	evidence is required for three physical, three emotional, and three behavioural symptoms.
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- 1.3 Description identifies at least two consequences of stress overload, and identifies at least two benefits of reducing unwanted stress.

## Outcome 2

Describe ways of dealing with stress.

### Evidence requirements

- 2.1 Description includes three approaches for reducing unwanted stress in terms of physiological changes.
- 2.2 Description includes three approaches for reducing unwanted stress in terms of psychological changes.

<b>Replacement information</b>	This unit standard replaced unit standard 545.
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<b>Planned review date</b>	31 December 2018
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### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	24 March 1998	31 December 2014
Revision	2	12 September 2002	31 December 2014
Review	3	16 July 2010	31 December 2015
Review	4	17 July 2014	N/A
Rollover and Revision	5	18 June 2015	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0023
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

### Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMR). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

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**Comments on this unit standard**

Please contact NZQA National Qualifications Services [nqs@nzqa.govt.nz](mailto:nqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.