

<b>Title</b>	<b>Demonstrate knowledge of strategies for managing own emotions</b>		
<b>Level</b>	<b>1</b>	<b>Credits</b>	<b>2</b>

<b>Purpose</b>	People credited with this unit standard are able to demonstrate knowledge of strategies for managing own emotions.
----------------	--

<b>Classification</b>	Core Generic > Self-Management
-----------------------	--------------------------------

<b>Available grade</b>	Achieved
------------------------	----------

---

### Guidance Information

- 1 All concerned with the teaching/learning and assessment relating to this unit standard need to be aware of, and respect, any issues of privacy and confidentiality.
- 2 Range  
*Wellbeing/hauora* includes – physical, mental, emotional, social and spiritual perspectives.

---

### Outcomes and performance criteria

#### Outcome 1

Demonstrate knowledge of strategies for managing own emotions.

#### Performance criteria

- 1.1 Emotions are described in terms of potential effects on behaviour.  
Range evidence for three emotions.
- 1.2 Strategies for managing emotions are identified to enhance own mana and wellbeing/hauora.  
Range may include – personal and professional sources of support.

---

<b>Planned review date</b>	31 December 2027
----------------------------	------------------

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	24 March 1998	31 December 2015
Revision	2	12 September 2002	31 December 2015
Review	3	16 July 2010	31 December 2017
Review	4	18 June 2015	31 December 2019
Review	5	25 January 2018	N/A
Review	6	2 March 2023	N/A

**Consent and Moderation Requirements (CMR) reference**

0113

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**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.