

Title	Describe strategies for managing stress		
Level	2	Credits	3

Purpose	People credited with this unit standard are able to describe strategies for managing stress.
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Classification	Core Generic > Self-Management
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Available grade	Achieved
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Guidance Information

- 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 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.

Outcomes and performance criteria

Outcome 1

Describe strategies for managing stress.

Performance criteria

- 1.1 Potential sources of short- and long-term stress are described.

Range	evidence is required of three sources, including one internal and one external source.
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- 1.2 The effects of short- and long-term stress are described.

Range	positive and negative effects of stress.
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- 1.3 Three strategies for managing stress are described.

Replacement information	This unit standard replaced unit standard 545.
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Planned review date	31 December 2027
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Status information and last date for assessment for superseded versions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	31 December 2019
Rollover and Revision	5	18 June 2015	31 December 2019
Review	6	25 January 2018	N/A
Review	7	2 March 2023	N/A

Consent and Moderation Requirements (CMR) reference	0113
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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 if you wish to suggest changes to the content of this unit standard.