

<b>Title</b>	<b>Demonstrate knowledge of stress management methods in a hauora context</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	People credited with this unit standard are able to: explain hauora methods used to manage stress for Māori; explain organisational policy, process and practices for stress management and modify methods used in stress management.
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<b>Classification</b>	Te Ara Hou ki te Ora > Hauora
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Definitions of Māori words will be those relevant and in common usage in a hauora context. However, the local iwi and/or hapū must verify the local dialect.
- 2 Definitions  
*Hauora* means the appropriate practices associated with the holistic wellbeing of an individual as a member of a whānau, hapū, and iwi. For the purpose of this unit standard, these practices are determined by service providers or entities that operate within a hauora context.  
*Hauora context* refers to hauora service provision for Māori.
- 3 Workplace practices and procedures refer to the documented procedures of the hauora service provider and must comply with current industry standards and relevant legislation.
- 4 Legislation and conventions relevant to this unit standard may include but is not limited to: the Health and Safety at Work Act 2015; *Standards for Traditional Māori Healing* (Wellington: Ministry of Health, 1999); and the Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996, Privacy Act 1993, and any amendments.

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### Outcomes and performance criteria

#### Outcome 1

Explain hauora methods used to manage stress for Māori.

Range evidence of three hauora methods is required.

**Performance criteria**

- 1.1 Methods used in stress management are explained in relation to tikanga.
- Range may include – mirimiri, karakia, water, waiata, kōrero, whakapapa, tūrangawaewae, kapa haka; evidence of three is required.
- 1.2 Methods for managing stress are explained in relation to the roles of the people involved, and in relation to tikanga.
- Range roles include but are not limited to – tuakana, teina, kaumātua, kuia, kaiako, kaitiaki, tohunga; evidence of three roles is required.

**Outcome 2**

Explain the organisational policy, process and practices for stress management.

- Range may include but is not limited to – human resources, employer, manager, health and safety; evidence of one policy, process and practice is required.

**Performance criteria**

- 2.1 Organisational policy, process and practices for stress management are identified.
- 2.2 The advantages and disadvantages of policy, process and practice is assessed.
- 2.3 Candidate's own level of competence in relation to each process of stress management is assessed.
- Range may include but is not limited to – supervisor, direct line manager, colleague, kaumātua, peer; evidence of three is required.

**Outcome 3**

Modify methods used in stress management in a hauora context.

- Range the three hauora methods used in Outcome 1.

**Performance criteria**

- 3.1 Results, in terms of the effectiveness of the method, are recorded and communicated to supervisor in accordance with workplace practices and procedures and tikanga.
- 3.2 Methods are modified in accordance with the results of assessment, and workplace practices and procedures and tikanga.

<b>Planned review date</b>	31 December 2022
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#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 October 1998	31 December 2012
Review	2	18 December 2002	31 December 2012
Review	3	20 August 2010	31 December 2017
Review	4	10 December 2015	N/A
Revision	5	28 September 2017	N/A
Rollover and Revision	6	23 April 2020	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0165
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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 the NZQA Māori Qualifications Services [mqs@nzqa.govt.nz](mailto:mqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.