

MANAGING STRESS COURSE – LEVEL 2 AWARD



Stress is a biological term which refers to the consequences of the failure to respond appropriately to emotional or physical threats, whether actual or imagined.

The **Managing Stress - Level 2 Course** is designed for people who wish to develop a greater understanding of the nature, causes, symptoms and techniques for managing stress, at a personal and workplace level.

Objectives:

At the end of the course you will be able to:

- Understand the nature of stress
- Explore people's responses to stress
- Develop an understanding of common stress symptoms
- Explore how people cope with stress
- Demonstrate stress management techniques
- Understand the role of relaxation
- Describe the benefits of nutrition and diet
- Understand the impact of self-esteem on stress

The course is split into the following 9 Units:

➤ **Unit One – Understanding Stress**

The following topics are covered: Defining stress, The causes of stress in terms of three personality types and The effects of stress in relation to physical, emotional and mental behaviour.

➤ **Unit Two - The Stress Response**

The following topics are covered: The concepts of stressor and stress response, The concept of a holistic approach to a stress response and The major components in the activation of the stress response.

➤ **Unit Three - The Symptoms of Stress**

The following topics are covered: The physical, psychological and behavioural symptoms of stress, Stress indicator questionnaires and The physical and emotional warning signs of stress.

➤ **Unit Four – Understanding the Coping Process**

The following topics are covered: Recognise coping responses to stress and Non-responding behaviours.

➤ **Unit Five - Managing Stress – Skills & Techniques**

The following topics are covered: A ten point plan for dealing with stress.

Price:
£250.00

Instalment Options:
You can spread the payments for this course over 4 monthly payments. 1 initial payment of £100.00, followed by 3 monthly payments of £50.00.

Course Format:
Paper Based Course Materials

Assessment:
Coursework

Approximate Study Time:
80 Hours of Self Study

➤ **Unit Six – Relaxation & Stress**

The following topics are covered: A range of relaxation and stress relief measures.

➤ **Unit Seven – Nutrition & its Role in Managing Stress**

The following topics are covered: A range of diet and nutritional behaviours which reduce stress, The links between nutrition and stress, The benefits of exercise in reducing stress and The role of sleep in reducing stress.

➤ **Unit Eight - Self-Contempt and Self-Esteem**

The following topics are covered: The concept of self-esteem, Self-esteem and personal analysis and Composing personal development plan for improving self-esteem.

➤ **Unit Nine – Goal Setting & Time Management**

The following topics are covered: The importance of motivation in reducing stress, The process of goal-setting and Common effective time management techniques.

Pre-Requirements:

There are no particular entry requirements.

Course Duration & Support:

Students may register at any time and have a full year to complete their studies. You also have access to a personal tutor by mail or email for a 12 month period. As the course is self study you can complete in as little or as long a time as you prefer.

Assessment:

You will be assessed on coursework which is detailed in the course materials. Most coursework consists of short paragraph answers to set questions. Your work can be sent back to your course tutor by email or by post.

Qualification:

The award is gained from successfully completed coursework so there is no exam to complete.

On successful completion of this course, students will receive a **Level 2 Managing Stress Award**.

This award has been independently accredited at a level of learning equivalent to level 2 on the National Qualifications Framework (NQF) and is comparable to working at GCSE or NVQ Level 2.

The award is issued through NCFE. NCFE is recognised as an awarding body by the qualification regulators ('regulators') for England, Wales and Northern Ireland. The regulators are the Office of the Qualifications and Examinations Regulator (Ofqual) in England, the Department for Children, Education, Lifelong Learning and Skills (DCELLS) in Wales and the Council for Curriculum, Examinations and Assessment (CCEA) in Northern Ireland.

