

EXECUTIVE SUMMARY

Stress Management

NQF Level 5

Faculty of Business: Management Sciences

Learning Programme Title	Stress Management
Learning Programme ID	15096
Registration End Date	2018-06-30
Last Date for Enrolment	2019-06-30
Duration	2 Days
NQF Level	5
Credits	5
Learning Assumed To Be In Place	<ul style="list-style-type: none"> There is open access to this unit standard.
Originating Qualification	National Diploma: Project Management (58309)

Knowledge Leadership Management

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Specific Outcomes	Content Outline
<p>The qualifying learner is able to:</p> <ul style="list-style-type: none">Describe stress in personal life and work situations.Analyse the causes of stress in personal life and work situations.Describe typical reactions to stress.Apply strategies to manage stress in personal life and work situations.	<ul style="list-style-type: none">The Concept of StressPositive StressorsNegative StressorsHow Personal Stressors Impact on the Individual and the OrganisationHow Societal Stressors Impact on the Individual and the OrganisationHow Environmental Stressors Impact on the Individual and the OrganisationHow Organisational Stressors Impact on the Individual and the OrganisationThe interrelationship of the Different StressorsTypical Physical, Emotional, Cognitive and Behavioural reactions to Positive StressTypical Physical, Emotional, Cognitive and Behavioural reactions to Negative StressThe Impact of Positive Stress and Negative Stress on Health



Content Outline	
<ul style="list-style-type: none">▪ The Impact of Positive Stress and Negative Stress on Interpersonal Relationships▪ The Theories of Stress and Coping Strategies	<ul style="list-style-type: none">▪ Proactive and Reactive Stress Management Strategies▪ Maximising Optimal Stress Levels

Unit Standards

ID	Unit Standard Title	Level	Credits
15096	Demonstrate an understanding of stress in order to apply strategies to achieve optimal stress levels in personal and work situations	5	5
		Total	5

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