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| Title | **Describe strategies for managing stress** |
| Level | **2** | **Credits** | **3** |

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| 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 |

**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.

1.2 The effects of short- and long-term stress are described.

Range positive and negative effects of stress.

1.3 Three strategies for managing stress are described.

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| Replacement information | This unit standard replaced unit standard 545. |

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| Planned review date | 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**Status information and last date for assessment for superseded versions**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 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 |  | N/A |

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| 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 if you wish to suggest changes to the content of this unit standard.