

# Level 1 Award in Stress Awareness



## What you will learn

This qualification aims to improve learners' understanding of stress. They will look at the causes of stress and the effects stress can have on health. They will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing stress.

You will study this unit as part of the course:

- Introduction to stress and stress management

## Entry Requirements

Acceptance onto this course is subject to successful guidance interview & assessment test.

**Duration: 20 weeks**

**Assessment: A portfolio of work is to be submitted for moderation.**

**Awarding Body: NCFE**

## Progression Route

On completion of this course you may choose to undertake further study.