



# OCNW Stress Management

## Information Sheet

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# OCNW Stress Management

## Introduction to Cable Educational Ltd

Cable Educational Ltd was founded 19 years ago by two experienced teachers Bill Massey and Kay Holder. Originally set up to produce learning materials for the Secondary School sector, Cable has expanded to include the publishing of materials which support the delivery work based and distance learning by Colleges of Further Education, private training providers and employers.

In 2002 Andrew Sellers was appointed Director of Further Education. The contribution of Andrew has brought rapid development in this area. Over the past 4 years, working closely with nationally recognised awarding bodies such as Edexcel, OCNW, CACHE, IOSH and RIPH, the company has produced more than 20 learning packages which support nationally recognised qualifications.

## This Course

This qualification provides learners with knowledge, skills and understanding that they can practically apply to manage stress in all situations.

The target learners for the qualification are any individuals in roles where they may face the possibility of becoming stressed, either through work related issues or through personal circumstances. This includes all aspects of care and customer facing roles in any sector.

## Cable Materials

Over 19 years Cable has developed a unique style which has proved to meet the needs of students.

## Units

**Unit 1: Recognising Stress** - This unit looks at recognising stress. Candidates will learn about the general indications and causes of stress and then carry out a personal analysis of what causes stress in them.

**Unit 2: Managing Stress** - This unit looks at managing stress. Candidates will learn about theoretical techniques for managing stress and then design and implement an action plan to manage stress.

**Unit 3: Avoiding Stress** - This unit looks at avoiding stress. Candidates will learn about how stress can be avoided and then go on to design and implement an action plan for avoiding stress.

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## Unit 1 Outcomes

Criteria	Assessment Method	Evidence Details	Portfolio Reference	Completion Date
<b>Definition of Stress</b> 1. Define what is meant by stress. 2. Explain what stress means to yourself. 3. Consider whether stress is always negative.				
<b>Causes and Sources of Stress</b> 4. Identify general sources and causes of stress. 5. Identify possible sources and causes of your own stress.				
<b>Effects of Stress</b> 6. Describe the general effects of stress on the individual. 7. Explain how stress in individuals affects the organisation. 8. Identify the effects of stress on yourself and how it affects your performance at work.				

## Unit 2 Outcomes and assessment requirements

Criteria	Assessment Method	Evidence Details	Portfolio Reference	Completion Date
<b>What it Means to Manage Stress</b> 1. Explain what is meant by managing stress.				
<b>Techniques for Managing Stress</b> 2. Identify the five steps in stress management and the skills and techniques that help to achieve them. 3. Describe the stress management techniques identified. 4. Identify stress management techniques that may work for you.				
<b>How to Apply Techniques</b> 5. Plan a stress management strategy. 6. Apply stress management techniques. 7. Evaluate the usefulness of stress management techniques.				

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## Unit 3 Outcomes

Criteria	Assessment Method	Evidence Details	Portfolio Reference	Completion Date
<b>What it means to avoid Stress</b> 1 Explain what it means to avoid stress				
<b>Techniques for avoiding stress</b> 2 Identify stress avoidance techniques 3 Describe stress avoidance techniques 4 Identify techniques that may work for you.				
<b>Plan to Avoid Stress</b> 5 Plan a stress avoidance strategy 6 Apply stress avoidance techniques 7 Evaluate the usefulness of stress avoidance techniques				

### **Abstract of Funding Information 06/07** **(Published by the LSC April 06) Page 110 Paragraphs 493**

A distance-learning programme should include all the following elements, in addition to the learning materials.

Initial assessment to ensure the programme and the mode of delivery are appropriate to the needs of the learner.

Induction

Specialist tutor support

Technical support where appropriate.

Counselling and guidance

ALS Where necessary and appropriate

Clear identification of the delivery method in the programme literature and learning agreement.

The support should include a robust marking and comment service for their work, which may be in electronic form or on paper. It is expected that the marking and comment service should be provided by suitably qualified subject tutors, who are additionally trained to support distance learners.





