

## HLTWHS006 Manage personal stressors in the work environment

**STUDENT MUST SUBMIT THIS COVER SHEET WITH THE ASSESSMENT TASKS LISTED BELOW**

**Student Name**

(your full legal name)

**Date submitted by student**

Click or tap to enter a date.

**Student declaration and statement of authorship**

1. I hold a copy of this work that can be produced if the original is lost/damaged;
2. This work is my original work and no part of it has been copied from any other student's work or from any other source except where due acknowledgement is made;
3. No part of this work has been written for me by any other person except where such collaboration has been authorised by the trainer/assessor;
4. I give permission for this work to be reproduced, communicated, compared and archived for the purpose of detecting plagiarism;
5. I give permission for a copy of my marked work to be retained by First Intervention for review and comparison, including review by external assessors and/or subject matter experts;
6. I understand that:
  - a. plagiarism is the presentation of the work, idea or creation of another person as though it is my own. It is a form of cheating and is a very serious academic offence that may lead to the cancellation of my enrolment. Plagiarised material can be drawn from, and presented in, written, graphic and visual form, including electronic data and oral presentations. Plagiarism occurs when the origin of the material used is not appropriately cited.
  - b. plagiarism includes the act of assisting or allowing another person to plagiarise or to copy my work.

**STUDENT SIGNATURE:**

<b>ASSESSOR USE ONLY</b>		<b>ASSESSMENT TASK RESULT</b>	
<b>WRITTEN ACTIVITY &amp; CHECKLIST</b>		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not Yet Satisfactory
<b>PRACTICAL ACTIVITY</b>		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not Yet Satisfactory
<b>QUESTIONS</b>		<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Not Yet Satisfactory
<i>Assessor Feedback:</i>			
<b>ASSESSMENT OUTCOME UNIT OF COMPETENCY</b>		<input type="checkbox"/> <b>COMPETENT</b> <input type="checkbox"/> <b>NOT YET COMPETENT</b>	
<b>ASSESSOR NAME</b>			
<b>ASSESSOR SIGNATURE</b>		<b>DATE</b>	Click or tap to enter a date.

## Written Activity

Your task is to write the answers to each of the following questions. Answers should exceed 50 words but no more than 100 words for each question:

1. Briefly discuss some sources of stress and how they manifest in health and/or community services work environment.

2. What are work planning and prioritisation techniques?

3. Outline the legal rights relating to the Fair Work Act.

4. Explain the different services available for referral, both within the organisation and in the community.

5. Discuss the following self-care techniques:

- Impact of exercise, diet and nutrition on physical health

- Work/life balance strategies

- Complementary and alternative health options