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**Tracking sheet – Wellbeing**

By undertaking this unit learners will become more aware of their own wellbeing and can focus on different aspects to support understanding and techniques to keep it in good condition. Learners will look at their self-esteem and confidence, emotional and physical wellbeing and how to manage situations that may cause stress.

**SCQF Level 3**

**Learner name Centre name**

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| **To do this you must** | **Evidence location** |
| 1. Be able to understand emotional wellbeing | |
| * 1. State what is meant by emotional wellbeing |  |
| * 1. Give an example of a factor that can affect mental health |  |
| 1. Be able to understand physical wellbeing | |
| * 1. State what is meant by physical wellbeing |  |
| * 1. Give an example of a factor that can affect physical wellbeing |  |
| * 1. Give an example of personal hygiene that is important for physical wellbeing |  |
| 1. Be able to understand how to respond positively to stress | |
| * 1. State what is meant by stress |  |
| * 1. Give an example of a possible cause of stress |  |
| * 1. Identify physical signs of stress |  |
| * 1. Identify a strategy for reducing and managing stress |  |
| 1. Be able to take action to improve own wellbeing | |
| * 1. Identify a way to develop your self-esteem |  |
| * 1. Identify strategies you could use to support your own mental health |  |
| * 1. Give an example of an organisation or person who could provide information, advice or support for your wellbeing |  |
| **Assessor feedback** | |
|  | |
| **Assessor declaration** I confirm that the details above are correct, that the evidence submitted is the learner’s own work and that the learner meets all the requirements for the unit: | |
| Learner Name Assessor Name  Learner Signature Assessor Signature  Date Date | |