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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 5**

**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 examples of factors that can affect mental health |  |
| * 1. Explain what is meant by resilience |  |
| * 1. Give examples of ways to develop resilience |  |
| 1. Be able to understand physical wellbeing | |
| * 1. State what is meant by physical wellbeing |  |
| * 1. Describe how your physical wellbeing can be impacted by your lifestyle |  |
| * 1. Identify characteristics of healthy relationships |  |
| * 1. Give examples of elements of personal hygiene that are important for physical wellbeing |  |
| 1. Be able to understand how to respond positively to stress | |
| * 1. State what is meant by stress |  |
| * 1. Give examples of possible causes of stress |  |
| * 1. Give examples of physical and emotional signs of stress |  |
| * 1. Identify strategies for reducing and managing stress |  |
| 1. Be able to take action to improve own wellbeing | |
| * 1. Identify ways of developing your own self-esteem |  |
| * 1. Give examples of how you could support your own mental health |  |
| * 1. Give examples of organisations or people who could provide information, advice or support for your wellbeing |  |
| * 1. Plan activities that will support 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 | |