

Level 2 Award in Understanding Emotional Wellbeing

January 2020

Guided Learning Hours: 6 hours

Total Qualification Time: 10 hours

Ofqual Qualification Number: 603/2965/8

Description:

This qualification is for individuals who are interested in emotional wellbeing and how it can be maintained. Its objective is to provide learners with an understanding of what is meant by “mental health” and “emotional wellbeing” and the spectrum from mental ill health through to emotional wellbeing. It explores the impact emotional wellbeing has on our physical and social health and how resilience is developed and its importance in dealing with adversity. It also covers the factors that have positive and negative effects on our emotional wellbeing and provides practical ways to develop the learner’s own and others’ emotional wellbeing.

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Unit: Understanding Emotional Wellbeing

Total Unit Time: 10 hours

Guided Learning: 6 hours

Unit Level: 2

Unit reference number: D/616/7737

Summary of Learning Outcomes:

To achieve this qualification a candidate must:

Content:

- 1 Understand the importance of emotional wellbeing and how it contributes to people's health, with reference to:**
 - 1.1 The WHO definition of mental health
 - 1.2 The spectrum of mental health from mental ill health to emotional wellbeing
 - 1.3 How emotional wellbeing can impact on physical, social and mental health

- 2 Understand how to develop resilience and how it can be used to manage difficulties, with reference to:**
 - 2.1 What is meant by resilience
 - 2.2 Ways in which resilience can be developed
 - 2.3 Ways in which resilience enables individuals to manage difficulties

- 3 Understand the factors that can have a positive and negative effect on emotional wellbeing, with reference to:**
 - 3.1 Factors which can impact on emotional wellbeing
 - 3.2 How these factors may have a negative effect on emotional wellbeing
 - 3.3 How these factors may have a positive effect on emotional wellbeing

- 4 Understand how to manage own emotional wellbeing with reference to:**
 - 4.1 Behaviours which can help support positive mental health and improve emotional wellbeing.
 - 4.2 Ways to improve own emotional wellbeing

1 Understand the importance of emotional wellbeing and how it contributes to people's health

- 1.1 *The WHO definition of mental health:* recognition of the importance of mental health in terms of wellbeing, realising potential, ability to cope with stress, do meaningful work and contribute to local community; mental health as a positive dimension.
- 1.2 *Spectrum of mental health from mental ill health to emotional wellbeing:* different meanings of key terms; "mental health" as a term which encompasses a broad spectrum from very good mental health to mental ill health; tendency of some people to call mental health "emotional wellbeing"; "mental health" relevant to all; "mental illness" used to describe experience of one or more of a wide range of mental health conditions which are disorders affecting mood, thinking and behaviour; examples of mental illness including depression, anxiety disorders and eating disorders; stigma around mental illness and how that leads to its invisibility, increasing difficulty in seeking support.
- 1.3 *How emotional wellbeing can impact on physical, social and mental health:* WHO definition of health and how emotional wellbeing can impact on physical, social and mental health; importance of positive social connections as an indicator of wellbeing; stigma of mental illness leading to reluctance to ask for help or maintain positive social connections; impact this has on emotional wellbeing due to isolation or loneliness.

2 Understand how to develop resilience and how it can be used to manage difficulties

- 2.1 *What is meant by resilience:* behaviours, thoughts and actions that promote personal wellbeing and positive mental health; ability to withstand, adapt to and recover from stress and adversity; maintaining or returning to a state of positive emotional wellbeing by using effective coping strategies.
- 2.2 *Ways in which resilience can be developed:* examples of well researched techniques such as making strong connections and helping others; awareness of positive and negative coping strategies; practising self-care; living a meaningful life by working towards goals or contributing to community; having a positive self-view and perspective; practising acceptance and learning from mistakes.
- 2.3 *Ways in which resilience helps enables individuals to manage difficulties:* universal nature of emotional difficulty; how resilience can enable us to recover quickly from natural events such as emotional pain and sadness; ability to cope with challenging times and transitions such as changing school, moving house, going to university, experiencing a bereavement or change in family structure; impact of a physical health condition on emotional wellbeing such as a period in hospital or receiving treatment; how resilience at these times allows individuals to ask for help if needed, use positive coping strategies to look after themselves and recover from a negative experience.

3 Understand the factors that can have a positive and negative effect on emotional wellbeing

- 3.1 *Factors which can impact on emotional wellbeing:* number and variety such as sleep, physical activity, social media, relationships, body image, drugs, alcohol, coping strategies; unique perspective of individuals and different effects on them (own unique experience of how they are affected).
- 3.2 *Possible negative impacts:* negative effects of factors such as poor sleep; social media use; poor relationships; body image; alcohol and drugs; coping strategies such as risky behaviour.
- 3.3 *Possible positive impacts:* positive effects of factors such as good sleep hygiene; usefulness of social media; strong relationships; body image; coping strategies.

4 Understand how to manage own emotional wellbeing

- 4.1 *Behaviours which can help support positive mental health and improve emotional wellbeing:* evidenced based behaviours such as the New Economics 5 Ways to Wellbeing and Action for Happiness' 10 Keys to Happier Living.
- 4.2 *Ways to improve own emotional wellbeing:* tailored approach to personal emotional wellbeing needs based on either the 5 Ways to Wellbeing or 10 keys to Happier Living.

Assessment

Attainment of the Learning Outcomes for this unit can be assessed by a portfolio of evidence or workbook. Centre assessment decisions will be subject to scrutiny by RSPH.

RSPH has developed a **Learner Workbook** for assessment evidence that centres can either use directly or modify to suit their own particular requirements.

If **Portfolio Evidence** is chosen as the assessment method, please use the Portfolio Assessment Summary forms for each unit along with the Portfolio Front Sheet and attach to the portfolio.

These materials are available from **Resources** in the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

Useful Websites

BBC Newsbeat: <http://www.bbc.co.uk/newsbeat/topics/mental-health>

Mental Health First Aid: <https://mhfaengland.org/>

Mental Health Foundation: <https://www.mentalhealth.org.uk/>

Mind: <https://www.mind.org.uk/>

YoungMinds: <https://youngminds.org.uk/>

Centre Guidance:

Registration of Candidates:

Candidates must be registered with RSPH and have a candidate number before any work can be submitted for external verification.

Candidate registration forms can be downloaded from the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

Submission of completed learner workbook or portfolio:

Centres should follow the RSPH procedures for submitting internally assessed work for external verification. These can be found under **Resources** in the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk). The workbooks (tutor and learner versions) or the portfolio assessment summary sheet can be obtained from **Resources**.

How to apply to offer this qualification:

To become a centre approved to offer this qualification, please complete the 'Application for Centre Approval' which can be found on our website in the Qualifications section, "Become a Centre". If you are already an approved centre, please complete the 'Add an additional qualification form' which can be downloaded from the Centre area on the website www.rsph.org.uk. Please ensure that you include details of your quality assurance procedures. You will need to attach a CV to this application. Please contact the Qualifications Department at centreapproval@rsph.org.uk if you need any assistance.

National Occupational Standards:

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

HT3 Enable individuals to change their behaviour to improve their own health and wellbeing

Further details of these National Occupational Standards can be obtained from RSPH Qualifications.

Special Assessment Needs:

Centres that have candidates with special assessment needs should consult The Society's Reasonable Adjustment and Special Consideration Policy; this is available from RSPH and the RSPH web site (www.rsph.org.uk).

Progression

Learners who achieve this qualification can progress to the following qualifications:

RSPH Level 2 Award in Understanding Alcohol Misuse
RSPH Level 2 Award in Encouraging physical activity
RSPH Level 2 Award in Encouraging a Healthy Weight and Healthy Eating
RSPH Level 2 Award in Understanding Sexual Health
RSPH Level 2 Award in Supporting Smoking Cessation
RSPH Level 2 Award in Understanding the Misuse of Substances
RSPH Level 2 Award for Young Health Champions
RSPH Level 2 Award in Understanding Health Improvement

Recommended Qualifications and Experience of Tutors:

RSPH would expect that tutors have teaching experience and a qualification in a relevant subject area, but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience.

Other Information:

All RSPH specifications are subject to review. Any changes to the assessment or learning outcomes will be notified to Centres in advance of their introduction. To check the currency of this version of the specification, please contact the Qualifications Department or consult the RSPH website.

Centres must be registered with RSPH.

Any enquiries about this qualification should be made to:

The Qualifications Department,
Royal Society for Public Health,
John Snow House
59 Mansell Street,
London
E1 8AN

Tel. 0207 265 7300
www.rsph.org.uk
Email: info@rsph.org.uk