

## Managing the Stress of Training

### ASSESSMENT

Total Marks: 30

Answer the following questions:

1. What are the negative effects of too much stress? (6)
2. Briefly explain following de-stressing techniques. (21)
  - a. Deep Breathing
  - b. Visualize
  - c. Music
  - d. Acupressure and Massage
  - e. Laughter
  - f. Replace Worry with Problem Solving
  - g. Meditation
3. As a trainer, why is it necessary to build your resilience? (3)