

## Managing the Stress

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### Assessment 15

**Total Marks: 30**

Answer the following questions:

1. What is the difference between positive and negative stress? (6)
2. How can you de-stress yourself? Explain the five easy de stressing techniques. (12)
3. 'As a trainer, you will not just have to deal with your own stressors and reactions to them, but also those of your participants'. Discuss (12)