

**ASSESSMENT # 9****Total Marks: 30****Answer the following questions:**

- 1. Short Questions** (10)
  - I. Define stress
  - II. What is a stress response?
  - III. What is a stressor?
  - IV. How does stress affect our health?
  - V. What is the choice based approach for Stress Management?
  
- 2. Discuss some de-stressing techniques that can help you to cope with your stress.** (4)
  
- 3. What are the important factors for Managing Stress?** (4)
  
- 4. What is stress Logging? Explain with an example?** (4)
  
- 5. Outline some benefits of budgeting for stress control?** (4)
  
- 6. What are the important factors for household stress remedy?** (4)