

Stress Management



ASSESSMENT # 19

Total Marks: 30

Answer the following questions:

1. Short Questions 12
 - I. Define stress
 - II. What is a stress response?
 - III. What is a stressor?
 - IV. How does stress affect our health?

2. What is the choice based approach for Stress Management?

3. scribe importance of planning? Explain basic steps for effective planning?