



# STRESS MANAGEMENT

## ASSESSMENT # 16

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)