

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)