

CLASS TEST

QUESTION PAPER

Stress management: even semester 2023-24

TIME LIMIT: 40 MINUTES

MM: 12 MARKS

SET A

What are the two main emotions of stress? Explain the causes of any one emotion in detail.

OR

Define stress. Explain in detail the psychological effect of stress.

SET B

Explain the ways and means to adapt to stress by reframing the habits.

OR

How are stress classified? Explain in detail the physiology effect of stress.

SET C

What do you mean by stress?

Or

What are stressors? Explain any ten stressors.

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RETEST QUESTION PAPER

15.04.2024

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1. Explain William's 12 steps of anger management

OR

Reframing of habitual stress can help to adapt to stress. Discuss