

- Q1) "Stress is an integral part of our lives and has become a buzz word with every one living". Define stress and Quote various examples that have created stressful situations in your life. (At least three)
- Q2) How is Eustress different from Distress?
- Q3) According to Lazarus, "An individual's response to a stressful situation largely depends upon the perceived events and how they are interpreted". Comment
- Q4) What do you understand by the Burnout syndrome?
- Q5) Her parents on having alcohol with her friends scolded Ashmita of 15yrs. She could not take it and ran away from home.
- What is the coping strategy that Ashmita is using here?
 - Which strategy according to you is would be the best suited in dealing with such a situation?
 - What are the other strategies that Lazarus has given and how would these strategies help in such a situation?
- Q6) How are social and psychological are related to each other? Give examples
- what effects would it have on the psychological functioning of the person?
- Q7) "Examination stress can cause test anxiety which can adversely affect stress performance". Explain with help of examples.
- Q8) Explain the techniques developed by Donald Meichenbaum in management of stress.
- Q9) "While traveling in a train the passengers got to know that the engine has collapsed and the train is on fire. How does Selye's theory of bodily responses apply to this situation?
- Q10) "Stress is an integral part of individual's living. Little bit of it is required to ignite an individual's performance." Comment.
- Q11) Discuss the various factors that help in promoting positive health and well being.
- Q12) "According to the various psychologists stress is generated by our own self in our minds. These are personal and unique to the person experiencing them."
- Which kind of stress is being discussed here?
 - What are the various sources of such kind of stress? Give a detailed explanations with examples
- Q13) "Resilience" has become a buzzword in today's life. Explain how it can be used to "bounce back" upon the stress one faces in daily life.
- Q14) "Stress is a silent killer. It plays a significant role in deteriorating individual's health." Explain its adverse effects on the immune system with the help of a diagram.
- Q15) With the help of a model, explain the various reactions that may take place due to stress?