

**Assignment-2**  
**Subject-IFM**  
**Employability skills**  
**Ch- SELF MANAGEMENT**

Q1 What is meaning of stress management?

Ans1 It refers to focusing human efforts for maintaining a healthy body and mind capable of handling stressful situations.

Q2 Which type of stress needs to be managed?

Ans2 High level of stress over prolonged periods need to be managed.

Q3 stress leads to anxiety and sorrow.

Ans Unmanaged

Q4 What are the types of stress?

Ans 4 Stress is of two types

1 Positive stress, if taken in right sense and may help in achieving effective outcomes.

2 Negative stress that makes a person worrisome, less productive and may lead to various psychosomatic disorders too.

Q5 Which are stress causal agents?

Ans 5 Stress causal agents are as follows-

1 Physical

2 Mental

3 Social

4 Financial

Q6 Why stress management is vital?

Ans6 Stress Management is vital because it leads to following benefits –

- Improves mood

- Boosts immune system

- Promotes longevity • Leads to burst of physical strength, which is vital for reaching goal •

- Complete mental and physical engagement for task accomplishment • Increases efficiency and effectiveness • Prevents psychological disorders and behavioral problems

Q7 Which are the physical signs which reflects stress?

Ans7 The physical signs which reflects stress are –

breathlessness, dry mouth, butterflies in stomach, indigestion, nausea, acidity, fatigue, sweaty palms, cold hands

and feet, irritation hyperactivity etc..

Q8 Which are the Mental level signs which reflects stress?

Ans8 The mental level signs which reflects stress are – loneliness, upset mood, anxiety, , depression, irritation, impatience, frustration, boredom, guilt, insecurity and forgetfulness.

Q9 Which activities acts as an aid in Stress management?

Ans 9 Following are the activities which acts as an aid in Stress management

1 Physical Exercise

2 Yoga

3 Meditation

4 Enjoying

5 Going On Vacations with Family and Friends

6 Taking Nature Walks

Q10 What is Self Reliance?

Ans10 Ability to do work independently

Q11 What are the benefits of working independently?

Ans11 Following are the benefits of working independently

Ensures greater learning , creativity and satisfaction. Individuals feel more empowered , responsible and flexible to choose and define working hours and working mechanisms.

Q12 How the ability to work independently can be enhanced?

Ans12 The ability to work independently can be enhanced by being self-aware, self-motivated and self regulated.

Q13 How physical activities helpful in managing stress levels?

Ans13 When stress affects the brain, rest of the body also feels the impact. Physical exercise in the form of walking, skipping or for that matter indulging in any sports has been found to relieve stress as they stabilize mood, improve self-esteem and induce sleep.

Q14 How vacations helpful in de-stressing individuals?

Ans14 Vacations provide an opportunity of taking a holiday from our routine and appreciate different aspects of life. Vacations to be taken to friends or relatives place or to attractive locations. It helps in de-stressing individuals.

Q15 Why everyone is special on this earth?

Ans15 Everyone on this earth has been blessed by one or the other way some are good singers , some are good in academics ,some are good in sports ,some are good comedians and they altogether make a world beautiful to live

in ,that's why everyone is special on this earth.

Q16\_\_\_\_\_ is a mental state.

Ans16 Stress

Q17 The ability to work independently makes an individual more and .

Ans17 Empowered and responsible.

Q18 Self Regulation teaches self -control to reach .

Ans18 Goal.

Q19 Having conscious knowledge of your own self, capabilities ,feelings and one's own character is called .

Ans19 Self -Awareness

Q20 To achieve a calm mental state ,reducing stress one must practice .

Ans20 Meditation.