

Stress Management

Q1. What is the word 'W' means in the acronym 'REWARD' suggested as a stress management strategy?

- a. Watch your breath
- b. Water intake
- c. World view
- d. Workout

Ans: a

Q2: Which is true about people with Type A personality

- a. Have lot of patience
- b. Walk and eat rapidly
- c. Never have time urgency
- d. Have all the above characteristics

Ans: b

Q3: Which of the following statements is true for people with internal locus of control

- a. They are more stressed than people with external locus of control
- b. They feel things are not under their control
- c. They are less stressed than people having external locus of control
- d. None of the above

Ans: c

Q4: Which of the following is not true?

- a. Stress is never positive
- b. Stress is emotional and physical response to stimulus
- c. Individual make up affects the level of stress
- d. Individual reaction affects the level of stress

Ans: a

Q5: Which of the following is true?

- a. There are two types of stressors
- b. Tolerance to ambiguity does not influence stress
- c. Diet does not play any role in managing stress levels
- d. None of the above

Ans: a