

Self Assessment

A. Answer the following in your own words:

1. What do you understand by the word "stress"?

2. Give some common situations in which you have felt stressed.

3. How does our body react to a stressful situation?

4. Mention two examples of positive stress.

5. Mention three healthy ways of dealing with stress.

6. How is this session going to benefit you in Coping with Stress?

B. Answer the Questions

Yes / No

1. Did you enjoy this session?

☐

2. Is it helpful in your daily life?

☐

3. Do you think you will be able now handle stress in a better way?

☐

4. Do you think stress is normal in our lives?

☐

5. Do you think stress is always unhealthy / harmful?

☐

6. Do you think this session is helpful in your daily lives?

☐

7. Do you think now you are in better position to handle stress?

☐

8. Mention three ways of managing stress.

C. Read the following and tick T or F.

True / False ☐

1. Stress is always unhealthy.
2. Only some people have stress.
3. All people react to stress in the same way.
4. Coping with stress is an important skill.
5. Stress can be controlled.

☐
☐
☐
☐
☐

D. Read the following and answer in your own words

1. What was your learning from this Unit?

2. How do you plan to use your learning from this Unit in your personal life?
