

National Institute of Open Schooling
Senior Secondary
Lesson 29A – Stress and Your Health
Worksheet-29A

1. “These days life has become fast and the pressures are so many that we are in a stressful situation in some or the other way”. Discuss the given statement.
2. Elaborate upon the concept of stress. Describe different types of stress with suitable examples from daily life.
3. Soman is under stress because of the workload at his workplace. His wife Nour observed that Soman’s sleep cycle is irregular and he tends to be very quiet in social gatherings nowadays. She is unable to understand her husband’s situation. Help Nour in understanding Soman’s situation.
4. Prepare a diagrammatic representation of the different reactions that people show to stress.
5. “Stress can act as a promoter of self-understanding”. Critically analyze the given statement.
6. On Page 41, a scale for measuring stress related to daily hassles and uplifts is given. Administer this scale to at least 15 individuals and prepare a report on the collected data.
7. Describe the different sources of stress. Identify different sources of stress in your daily life.
8. Indications are there that 75% of human diseases are caused by the stress experienced by people. Comment upon the effect that stress can have over a person’s health.
9. Suggest different strategies that people can adapt to cope with stress in a better way.