

National Institute of Open Schooling
Senior Secondary
Lesson 30A – Stress Management and Well-being
Worksheet-30A

1. List the physiological changes that can be the markers for stress.
2. Describe any two strategies of relaxation that can help in the reduction of stress.
3. Shailja is fearful of bus rides. But her new job requires her to travel to distant places so she is supposed to take any public vehicle available. But her fear of Bus rides is causing a lot of stress. Explain any two cognitive techniques that can be used to work upon her fear and stress.
4. Describe the characteristics of a stress-free environment and its positive outcomes.
5. When you are under any kind of stress, what is your response to it? What are the specific strategies that you use to cope with stress?
6. Explain the importance of hobbies and recreation in managing stress.
7. Prepare a time table to manage your routine activities. Follow it for at least 15 days and write your experience (negative and positive aspect).
8. Describe the different forms of Yoga that can be practiced by us in daily life to manage our stress.
9. As a student, list the benefits that you can reap by practicing Dhyana.
10. “The best defense for the demands of stress is a healthy body”. Discuss the given statement.