

MEETING LIFE CHALLENGES**Questions & Answers**

1. -----is the term used to describe the level of stress that is good for you and is one of a person's best assets for achieving peak performance and managing minor crisis.

Ans: 'Eustress'

2. The reaction to external stressors is called

Ans: Strain.

3. The word stress has its origin in the Latin word:

Ans: Strictus.

4. The blocking of needs and motives by something or someone that hinders us from achieving a desired goal is called :

Ans: Frustration.

5. The state of physical, emotional and psychological exhaustion is known as:

Ans: Burnout.

6. The father of modern stress research is:

Ans: Hans Selye.

7. --- focuses on the links between the mind, the brain and the immune system.

Ans: Psychoneuroimmunology.

Match the following:

8. White blood Cells : Produce antibodies

9. T cells : Leucocytes

10. B cells : Fight against viruses.

11. Natural killer cells: Destroy invaders

12. ----- is a dynamic situation-specific reaction to stress.

Ans: Coping .

13. Putting off what we know we need to do is called :

Ans: Procrastination.

14. Coping by making efforts to control one's emotion is known as :

Ans: Emotion-oriented Strategy.

15. Obtaining information about the stressful situation and about alternative courses of action and their probable outcome is known as:

Ans: Task-oriented Strategy.

16. Conscious suppression of stressful thoughts and their replacement by self-protective thoughts is known as:

Ans: Avoidance-oriented Strategy.

17. An active skill that reduces symptoms of stress and decreases the incidence of illnesses such as high blood pressure and heart disease is :

Ans: Relaxation Techniques.

18. A procedure to monitor and reduce the physiological aspects of stress by providing feedback about current physiological activity and is often accompanied by relaxation training is called:

Ans: Biofeedback.

19. A technique which replace negative and irrational thoughts with positive and rational ones is called :

Ans: Cognitive Behavioural Techniques.

20. ----- are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.

Ans: Life skills.

Answers

Leucocytes

Destroy invaders

Produce antibodies

Fight against viruses.

Answers For Learntci Challenges

Michael Rajnik



Answers For Learntci Challenges:

Now You Know Edward Zaccaro, 2012-06-04

Answers For Learntci Challenges Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Answers For Learntci Challenges**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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