

MEETING LIFE CHALLENGES

Questions& Answers

- -----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'
- The reaction to external stressors is called Ans: Strain.
- The word stress has its origin in the Latin word: Ans: Strictus.
- The blocking of needs and motives by something or someone that hinders us from achieving a desired goal is called:
 Ans: Frustration.
- The state of physical, emotional and psychological exhaustion is known as: Ans: Burnout.
- The father of modern stress research is: Ans: Hans Selve.
- focuses on the links between the mind, the brain and the immune system.
 Ans: Psychoneuroimmunology.

	Match the following:			Answers
8.	White blood Cells		Produce antibodies	Leucocytes
9.	T cells		Leucocytes	Destroy invaders
10.	. B cells	90	Fight against viruses.	Produce antibodies
11.	Natural killer cells	S.C	Destroy invaders	Fight against viruses.
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.
- 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.
 HSSLIVE.IN
- A technique which replace negative and irrational thoughts with positive and rational ones is called;
 Ans: Cognitive Behavioural Techniques.
- are abilities for adaptive and positive behaviour that enable individuals to deal
 effectively with the demands and challenges of everyday life.
 Ans: Life skills.

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JE Gale

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Now You Know Edward Zaccaro,2012-06-04

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Table of Contents Answers For Learntci Challenges

- 1. Understanding the eBook Answers For Learntci Challenges
 - The Rise of Digital Reading Answers For Learntci Challenges
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Answers For Learntci Challenges
 - Exploring Different Genres
 - $\circ\,$ Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Answers For Learntci Challenges
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Answers For Learntci Challenges

- Personalized Recommendations
- Answers For Learntci Challenges User Reviews and Ratings
- Answers For Learntci Challenges and Bestseller Lists
- 5. Accessing Answers For Learntci Challenges Free and Paid eBooks
 - Answers For Learntci Challenges Public Domain eBooks
 - Answers For Learntci Challenges eBook Subscription Services
 - Answers For Learntci Challenges Budget-Friendly Options
- 6. Navigating Answers For Learntci Challenges eBook Formats
 - o ePub, PDF, MOBI, and More
 - Answers For Learntci Challenges Compatibility with Devices
 - Answers For Learntci Challenges Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Answers For Learntci Challenges
 - Highlighting and Note-Taking Answers For Learntci Challenges
 - Interactive Elements Answers For Learntci Challenges
- 8. Staying Engaged with Answers For Learntci Challenges
 - o Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Answers For Learntci Challenges
- 9. Balancing eBooks and Physical Books Answers For Learntci Challenges
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Answers For Learntci Challenges
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Answers For Learntci Challenges
 - Setting Reading Goals Answers For Learntci Challenges
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Answers For Learntci Challenges

- Fact-Checking eBook Content of Answers For Learntci Challenges
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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