

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

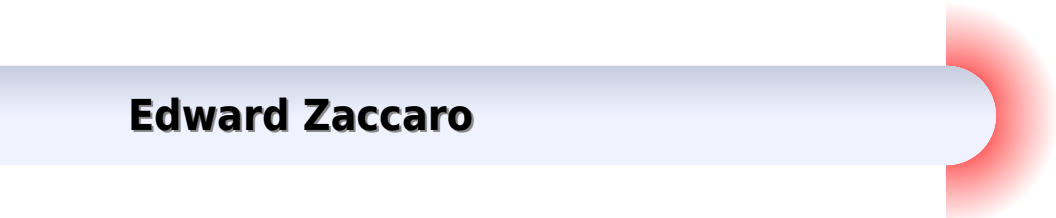
Destroy invaders

Produce antibodies

Fight against viruses.

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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
 - 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
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 - Answers For Learntci Challenges eBook Subscription Services

- Answers For Learntci Challenges Budget-Friendly Options
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 - ePub, PDF, MOBI, and More
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 - 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
 - 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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