

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

Lingjun Ying



Answers For Learntci Challenges:

Now You Know Edward Zaccaro, 2012-06-04

Decoding **Answers For Learntci Challenges**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Answers For Learntci Challenges**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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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
 - 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
 - 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
 - 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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