

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:

Answers

8. White blood Cells : Produce antibodies

Leucocytes

9. T cells : Leucocytes

Destroy invaders

10. B cells : Fight against viruses.

Produce antibodies

11. Natural killer cells: 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.

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 :

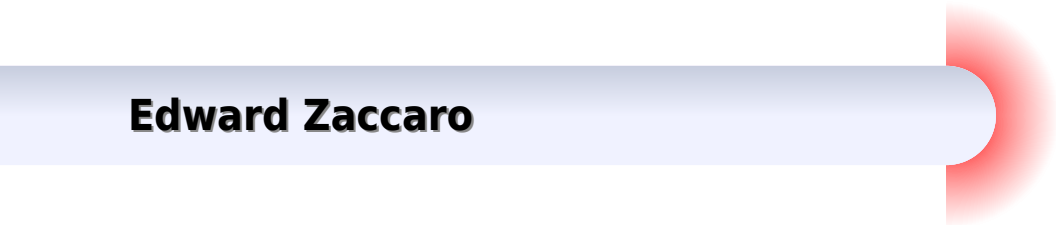
Ans: Cognitive Behavioural Techniques.

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 For Learntci Challenges

Edward Zaccaro



Answers For Learntci Challenges:

The book delves into Answers For Learntci Challenges. Answers For Learntci Challenges is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Answers For Learntci Challenges, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Answers For Learntci Challenges
 - Chapter 2: Essential Elements of Answers For Learntci Challenges
 - Chapter 3: Answers For Learntci Challenges in Everyday Life
 - Chapter 4: Answers For Learntci Challenges in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Answers For Learntci Challenges. The first chapter will explore what Answers For Learntci Challenges is, why Answers For Learntci Challenges is vital, and how to effectively learn about Answers For Learntci Challenges.
 3. In chapter 2, the author will delve into the foundational concepts of Answers For Learntci Challenges. This chapter will elucidate the essential principles that must be understood to grasp Answers For Learntci Challenges in its entirety.
 4. In chapter 3, the author will examine the practical applications of Answers For Learntci Challenges in daily life. The third chapter will showcase real-world examples of how Answers For Learntci Challenges can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Answers For Learntci Challenges in specific contexts. The fourth chapter will explore how Answers For Learntci Challenges is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Answers For Learntci Challenges. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Answers For Learntci Challenges.

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