



INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF PSYCHOLOGY (2025-26)
CLASS – XII
Chp 3: - MEETING LIFE CHALLENGES

Worksheet 1

- Q.1. Stress is an integral part of individual's living. Little bit of it is required to ignite an individual's performance. Comment.
- Q.2. Discuss the various factors that help in promoting positive health and wellbeing.
- Q.3. "According to the various psychologists' stress is generated by our own self in our minds. These are personal and unique to the person experiencing them." a) Which kind of stress is being discussed here?
b) What are the various sources of such kind of stress? Give detailed explanations with examples.
- Q.4. "Resilience" has become a buzzword in today's life. Explain how it can be used to "bounce back" upon the stress one faces in daily life.
- Q.5. "Stress is a silent killer. It plays a significant role in deteriorating individual's health." Explain its adverse effects on the immune system with the help of a diagram.
- Q.6. With the help of a model, explain the various reactions that may take place due to stress?

MEETING LIFE CHALLENGES

Worksheet 2

- Q.1. Define stress.
- Q.2. Differentiate between distress and eustress.
- Q.3. Differentiate between primary and secondary appraisal.
- Q.4. What do you mean by burnout?
- Q.5. What do you understand by coping?
- Q.6. Define positive health.
- Q.7. Can stress affect our emotions and thinking? Elaborate.
- Q.8. What are life skills? Explain any two life skills dealing with stress.
- Q.9. How does biofeedback help in managing stress?
- Q.10. What are emotions focused coping mechanisms?

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Worksheet 3

Q.1. What do you understand by stress resistant personality?

Q.2. What are the various response styles to stress?

Q.3. What are the various sources of stress?

Q.4. What are the various factors that lead to examination anxiety?

Discuss various strategies to overcome examination anxiety. Q.5. Discuss GAS model with the help of an example. Q.6. How is stress related to illness?

Q.7. Discuss the relation of stress with lifestyle. Q.8. Discuss the role of social support on experience of stress. Q.9. How is resilience related to health?

Q.10. How does stress affect the immune system ?