

Std 10th Lesson 2

Q5. How many origins can have stress?

Ans: Stress can have three origins – physical, emotional, and environmental.

Q6. List two ways you can overcome stress.

Ans: Two ways to overcome stress are:

1. Practicing relaxation techniques like deep breathing or meditation.
2. Maintaining a healthy routine with balanced diet and sleep.

Q7. List the symptoms of stress.

Ans: Symptoms of stress include headache, fatigue, irritability, difficulty in concentrating, and disturbed sleep.

Q8. Name the stress causal agents.

Ans: Stress causal agents are called stressors. These can include exams, peer pressure, family problems, or fear of failure.

Q9. What are the advantages of the ability to work independently?

Ans: Working independently improves decision-making, builds confidence, encourages self-discipline, and boosts self-motivation and productivity.

Q10. How poor time management can cause a lot of stress?

Ans: Poor time management leads to missed deadlines, last-minute rush, poor performance, and an overwhelming workload, all of which cause stress.

Q11. List any 4 activities that help in stress management.

Ans:

1. Meditation
2. Physical exercise
3. Listening to music
4. Deep breathing

Q12. In SMART goals, what does 'A' stand for? Explain.

Ans: In SMART goals, 'A' stands for Achievable. It means the goal should be realistic and attainable within the available resources and time.

Q13. Enlist the four steps Sameera must have followed for effective time management.

Ans: The four steps of effective time management are:

1. Prioritizing tasks

2. Creating a schedule

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3. Avoiding procrastination
4. Reviewing and adjusting the plan regularly

Section E (Answer in 50–80 words each):

1. Explain five stress management techniques.

Ans: Five stress management techniques are:

1. Exercise regularly to release tension.
 2. Practice mindfulness or meditation.
 3. Manage time effectively with proper planning.
 4. Talk to someone like a friend or counsellor.
 5. Get adequate sleep and eat healthy food to maintain balance.
2. Why do you think being self-aware is important?

Ans: Being self-aware helps us understand our thoughts, emotions, and behaviour. It enables better decision-making, improves relationships, and helps in managing stress effectively. Self-awareness also fosters personal growth and accountability.

3. How self-motivation helps achieve targets?

Ans: Self-motivation drives us to work consistently toward our goals, even when challenges arise. It boosts determination, focus, and a positive mind-set, helping in timely completion of tasks and achieving targets without external pressure.

4. How self-regulation helps manage your behaviour and your reactions to feelings and things happening around you?

Ans: Self-regulation helps control impulses, manage emotions, and respond calmly to situations. It prevents overreaction, helps focus on goals, and builds emotional resilience, improving overall behaviour in challenging circumstances.

5. Describe five skills that you need to have to be able to work independently.

Ans: Five essential skills for independent work are:

1. Time management
2. Decision-making
3. Self-discipline
4. Problem-solving
5. Goal setting

These skills help in completing tasks efficiently without constant supervision.