

Information Technology (402)

Class X

Assignment 8

Part A: Employability Skills: (Self-Management Skills)

Note: - Solve the following in classwork copy:-

(A) Answer the following questions.

1. Define Environmental Stress?
2. Explain survival stress with two examples.
3. Give five ways that you can use to manage your stress.
4. What is self-motivation?

(B) Short answer questions.

1. How does stress impact your work and life?
2. How does meditation helps in reducing stress?
3. What is self-awareness? Why is it important?
4. Briefly explain how going on vacations with family and friends reduces stress.

(C) Long answer questions.

1. Discuss a few ways to identify the cause of stress.
2. Briefly explain the stress management techniques.
3. Explain how taking time out for nature walk helps in reducing your stress level.
4. Give five ways you regulate your actions and behaviour in your day to day life.

(D) Activity:

1. Observe yourself for a week and write in 100 words what kind of stress you normally get. What are its symptoms and how do you overcome it?