

**G.N.National Public School
Gorakhnath, Gorakhpur**

Class : 10

Subject : Information Technology

Course Code : 402

Assignment :8

Unit : 2

Self-Management Skills

Session : 1

Stress Management

Note : Write the answer of the following questions in long note book (Computer Class work Copy).

Q1. Why is stress management so important ?

Q2. What is good stress and bad stress ?

Q3. The feel-good hormone released by our body, which helps us cope with stress is/are _____.

- a) Cortisol b) Endorphin c) Dopamine d) Adrenaline

Q4. The stress hormones released by our body during increased stress levels is/are _____.

- a) Cortisol b) Endorphin c) Dopamine d) Adrenaline

Q5. What are some stress management techniques ?

Q6. What food should you consume when feeling stressed ?

Q7. What food should you avoid when feeling stressed ?

Q8. What are some stress management tips for students ?