

Stress**Question 1**

1.1 Various options are provided as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1.1–1.1.9), for example 1.1.11 D.

1.1.1 Choose the **BEST** description of chronic stress from the following options:

- A. It is a reaction to an immediate threat, commonly known as the fight or flight response.
- B. It is stress that is caused by physical harm, such as sexual abuse or violence.
- C. It is stress caused by relationships, the inability to socialize and the social environment.
- D. It is a state of prolonged tension from internal or external stressors which may cause various physical symptoms. (1)

1.1.2 In stress management you need to identify the causes of your stress and ...

- A. be aware of your thinking patterns.
- B. drink lots of energy drinks.
- C. work longer hours and eat enough food.
- D. speak to everyone about your problems. (1)

1.1.3 Which definition best applies to eustress?

- A. A negative response you have to a stressor, which can depend on your current feelings of control, desirability, location and timing of the stressor.
- B. A stress that is objectively measured through, among other indicators, Blood pressure rate, muscle tension and absenteeism rates.
- C. The stress that has a beneficial effect, being either psychological, physical or biochemical.
- D. Persistent stress that is not resolved through coping or adaptation. (1)

1.1.4 Which of the following is an example of eustress:

- A. the death of a family member
- B. sleep problems
- C. conflict in personal relationships
- D. receiving a promotion or raise at work. (1)

1.1.5 Acute stress is:

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