Meeting Life Challenges

Standard difficulty · 20 questions · 40 marks · Time: 36 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

Section A — Choose the correct answer 8 × 1 = 8 marks

1. Selye, the father of modern stress research, defined stress as:
   (a) a disorder of memory
   (b) only a negative emotion
   (c) a stimulus that always causes illness
   (d) the nonspecific response of the body to any demand

2. Kabir watches films to avoid thinking about the upcoming test. Which coping strategy (Endler and Parker) is this?
   (a) appraisal **(b)** blunting
   (c) avoidance-oriented **(d)** emotion-oriented

3. Dev wants to join both the dance class and the science club, which meet at the same time. Which source of psychological stress is this?
   (a) frustration **(b)** internal pressure
   (c) conflict **(d)** social pressure

4. Isha challenges the thought, “Everyone will laugh at me.” Which life skill is being used?
   (a) rational thinking **(b)** improving relationships
   (c) time management **(d)** overcoming unhelpful habits

5. What does exercise, as a stress management technique, involve?
   (a) getting feedback on body activity, like heart rate, to learn to control it
   (b) replacing negative, irrational thoughts with positive, rational ones
   (c) regular physical activity with warm-up and cool-down phases
   (d) relaxing the muscles from the feet up to the face, with deep breathing

6. What type of stress is frustration at a blocked goal?
   (a) social **(b)** no stress at all
   (c) physical and environmental **(d)** psychological

7. Suppose Zoya exercises 4 times a week for 35 minutes each time. How many minutes is that in a week?
   (a) 140 minutes **(b)** 39 minutes **(c)** 175 minutes **(d)** 105 minutes

8. In the General Adaptation Syndrome, what happens in the alarm reaction?
   (a) hormones are released and the body gets ready for fight or flight
   (b) the body’s resources are drained and stress-related illness becomes more likely
   (c) the body stops releasing any hormones
   (d) the person forgets the stressor completely

Section B — Short answer — 8 × 2 = 16 marks

9. Name the three major types of stress.

10. Name the coping strategy in each case. (a) Ananya makes a revision timetable and asks the teacher about hard topics. (b) Rahul watches films to avoid thinking about the upcoming test.

11. Is each a life event or a hassle? (a) changing cities for a parent’s job (b) power cuts in the evening

12. Is each effect of stress emotional, physiological, cognitive or behavioural? (a) release of adrenaline and cortisol (b) disrupted sleep

13. Name the life skill in each case. (a) Asha listens carefully and talks openly to sort out a misunderstanding with a friend. (b) Ananya politely says no when asked to skip practice.

14. Explain each stress management technique: (a) exercise (b) stress inoculation

15. Suppose a student plans a day with 6 hours at school, 6 hours of study and 8 hours of sleep. How many hours are left for meals, exercise and rest, and which life skill does such planning show?

16. Name the source of psychological stress (frustration, conflict, internal pressure or social pressure). (a) Vikram fails to get a ticket for the final match after queuing for hours. (b) Kabir wants to join both the dance class and the science club, which meet at the same time.

Section C — Word problems — 4 × 4 = 16 marks

17. Explain the General Adaptation Syndrome.

18. Match each with its meaning: (a) challenge (b) control (c) commitment. Choose from: seeing change as normal and positive, not a threat; a sense of purpose and direction in life; involvement in work, family, hobbies and social life.

19. Ananya writes about the day's worries in a journal to calm down. (a) Which concept does this show? (b) Explain your answer.

20. Put these steps in the body's response to prolonged stress in the correct order: the alarm reaction; the exhaustion stage; the resistance stage.

Want another sheet on this chapter? In the Ambiful Worksheets app every sheet is new, with its answer key, and your child never gets the same question twice.

Scan the code to get the free app, or open **worksheets.ambiful.com/get**

Answer key

Meeting Life Challenges · AW-12PY-MLC-2026-V1 · For parents — fold back or tear off before handing the sheet to your child.

Q	Answer	Working
1	(d) the nonspecific response of the body to any demand	—
2	(c) avoidance-oriented	—
3	(c) conflict	—
4	(a) rational thinking	—
5	(c) regular physical activity with warm-up and cool-down phases	—
6	(d) psychological	—
7	(a) 140 minutes	4 × 35
8	(a) hormones are released and the body gets ready for fight or flight	—
9	Physical and environmental, psychological, and social stress.	—
10	(a) task-oriented (b) avoidance-oriented	—
11	(a) life event (b) hassle	—
12	(a) physiological (b) behavioural	—
13	(a) improving relationships (b) assertiveness	—
14	(a) regular physical activity with warm-up and cool-down phases (b) replacing negative, irrational thoughts with positive, rational ones	—
15	4 hours; time management	24 − 6 − 6 − 8 = 4
16	(a) frustration (b) conflict	—
17	Selye's three stages of the body's response to prolonged stress: alarm reaction (the body mobilises its defences), resistance (it tries to cope), and exhaustion (resources are depleted if stress continues).	—
18	(a) seeing change as normal and positive, not a threat (b) a sense of purpose and direction in life (c) involvement in work, family, hobbies and social life	—

Q	Answer	Working
19	(a) emotion-oriented (b) Emotion-oriented coping tries to keep hope and control one's emotions	—
20	the alarm reaction → the resistance stage → the exhaustion stage	—