

# Worksheet

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Name: .....

Roll No: ..... Class: ..... Section: .....

Date: .....

## SELF MANAGEMENT SKILLS-II

### Chapter-2

#### 1. Define the following stress management techniques:

- (a) Physical Exercise
- (b) Yoga
- (c) Meditation
- (d) Nature Walk

#### 2. Guess, who am I?

- (a) I am the modus of applying and using one's self characteristics in a righteous and responsible way.
- (b) I am the knowledge of knowing about oneself.
- (c) I am just like a ray of sunlight in a dark room that keeps us reminding that there is always a ray of hope to achieve things we desire.
- (d) I am the inner ability to control and manage emotions, thoughts, behaviour and energy state so that a man can produce positive results.

#### 3. Answer the following questions:

- (a) Which type of stress management technique is represented by the given image?



- (b) What do you mean by working independently?
- (c) Write the names of different types of self-awareness.
- (d) Write any two ways to get motivated.
- (e) Explain SMART method to set goals.
- (f) Differentiate between interest and abilities.
- (g) What do you understand by emotional intelligence?