



Worksheet

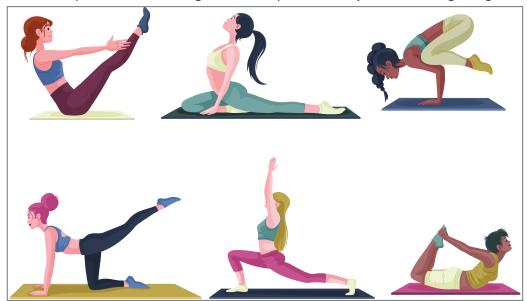
Name:		
Roll No:	Class:	Section:
Date:	·····	

SELF-MANAGEMENT SKILLS-II

Unit-2

1. Answer the following questions:

- (a) Define any two methods to manage stress.
- (b) Which technique of stress management is represented by the following image:



- (c) What is self-awareness?
- (d) What is self-motivation?
- (e) What is self-regulation?

2. Fill in the blanks.

(a)	Taking break from our daily schedule and going on holidays to tourist destination releases our
	•••••••••••••••••••••••••••••••••••••••
(b)	is one of the most popular way to relieve stress.
(c)	is the modus of applying and using one's self characteristics in a righteous and responsible way.
(d)	Imagine, today is your exam, you have missed the school bus and suddenly you realized that you have worn the wrong uniform. Such kind of situations gives stress.
(e)	Ability to work means working without any support, interference or



supervision.