

Worksheet

Name:

Roll No: Class: Section:

Date:

SELF-MANAGEMENT SKILLS-II

Unit-2

1. Answer the following questions:

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



- What is self-awareness?
- What is self-motivation?
- What is self-regulation?

2. Fill in the blanks.

- Taking break from our daily schedule and going on holidays to tourist destination releases our
- is one of the most popular way to relieve stress.
- is the modus of applying and using one's self characteristics in a righteous and responsible way.
- 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.
- Ability to work means working without any support, interference or supervision.