

BRAIN INTERNATIONAL SCHOOL

SUBJECT: PSYCHOLOGY

CLASS – XII

JULY 2024

CHAPTER 3: MEETING LIFE CHALLENGES

1. Explain Biofeedback.
2. Explain the behavioural effects of stress.
3. How would you differentiate between adaptation and adjustment?
4. Explain the term 'Burn out
5. What is meant by well-being?
6. Describe the three sources of stress.
7. How stress and illness are related to each other.
8. Explain the term coping.
9. How life-style and stress are related to each other?
10. How do Lazarus and Folkman explain the concept of coping?
11. How can social support help in promoting positive health?
12. Differentiate between the three major types of stress
13. Explain the concept of stress resistant Personality. Give Suitable example
14. Describe briefly four factors which facilitate development of positive health