

DELHI PUBLIC SCHOOL JAMMU
SESSION 2024 -2025
ASSIGNMENT FOR THE MONTH OF JULY

CLASS :XII

SUBJECT: PSYCHOLOGY

Q1. The first stage of general adaption syndrome is .

- a) Resistance
- b) Exhaustion
- c) Alarm
- d) Recovery

Q2. The three stages of the General Adaption Syndrome (GAS) proposed by _____.

Q3. Chronic stress can lead to various health problems including _____ and _____ diseases.

Q4. With the help of flow chart explain relation of stress with illness .

Q5. Enumerate the different ways of coping with stress.

Q6. Describe how life skills can help meet life's challenges.

Q7. Describe the GAS model.

Q8. Give an example of a life event which is likely to be stressful.

Q9. State the symptoms and sources of stress.