

**First Semester FYUGP Degree (Reg/Sup) Examination
November 2025**

KU1MDCPSY100 - STRESS MANAGEMENT

2024 Admission onwards

Time : 1.5 hours

Maximum Marks : 50

Section A

Answer any 6 questions. Each carry 2 marks.

1. What does "talking about feelings" mean?
2. Define biofeedback in the context of relaxation.
3. What is coping?
4. How does optimism affect coping strategies?
5. How does regular physical exercise benefit physical and mental health?
6. what is self reciprocity?
7. What is stress?
8. What is Selye's view of stress?

Section B

Answer any 4 questions. Each carry 6 marks.

9. Predict whether restoration is important for our mind and body.
10. What self-regulation strategies can help maintain a healthy lifestyle?
11. How can feedback from others enhance the process of acquiring new skills?
12. What are some potential behavioral changes linked to stress during the COVID-19 pandemic?
13. How can events be appraised as stressful, and what factors affect this appraisal process?
14. In what ways does appraisal influence an individual's stress response?

Section C

Answer any 1 questions. Each carry 14 marks.

15. Discuss how emotional disclosure can influence physical health. What mechanisms might explain this relationship?
16. Describe the difference between approach and avoidance coping strategies?