

**First Semester FYUGP Degree (Reg) 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 personal resources influence coping?
2. What is resilience, and how does it relate to coping?
3. What is self-regulation?
4. Recall the concept of diaphragmatic breathing.
5. What does eustress mean?
6. What is stress reactivity?
7. How effective is mindfulness for improving mental health?
8. What is the purpose of monitoring stress?

Section B

Answer any 4 questions. Each carry 6 marks.

9. How can stress be measured effectively in individuals?
10. In what ways can stress lead to changes in behavior, such as smoking or alcohol consumption?
11. How can events be appraised as stressful, and what factors affect this appraisal process?
12. What mindfulness techniques would engage a student's life? or individual's life?
13. What components are included in a stress management program?
14. How can identifying stress antecedents help in managing stress?

Section C

Answer any 1 questions. Each carry 14 marks.

15. How does social support serve as a resource in coping?
16. How does nutrition impact your mood and energy levels?