

# Understanding Stress and Life Skills for Healthy Choices

Health · Answer Key · 20 Questions

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## 1. What is the definition of 'Change'?

- A) To transform or become different.**
- B) A state of nervousness.
- C) The quality of life.
- D) Personal characteristics.

## 2. Which unit focuses on life skills required to adapt to change as part of healthy lifestyle choices?

- A) UNIT 1**
- B) CHAPTER 1
- C) MATRIC
- D) SUMMARY

## 3. What does 'Anxiety' refer to?

- A) Worry, nervousness or unease.**
- B) Things that cause stress.
- C) Personal well-being.
- D) Qualities and behavior.

## 4. What are 'Stressors'?

- A) Things that cause stress or pressure.**
- B) A reaction to pressure.
- C) The level of satisfaction with life.
- D) Unique personal characteristics.

## 5. How is 'Quality of life' defined?

- A) Your level of personal well-being and satisfaction with your life.**
- B) The amount of things to do.
- C) The problems you need to solve.
- D) Physical exercise.

## 6. What is 'Stress' described as?

- A) Pressure, nervous tension and anxiety, constant worry, strain.**
- B) A transformation or difference.
- C) Things that cause pressure.
- D) Your unique personality.

**7. What is a characteristic of 'Personality'?**

**A) Qualities, actions, behaviour and attitude that make a person unique.**

B) Constant nervous tension.

C) Physical or sexual abuse.

D) Illness or injury.

**8. Stress is a reaction caused by what?**

**A) Ongoing, increasing or new pressures or demands.**

B) Lack of physical exercise.

C) Physical or sexual abuse.

D) Too many things happening over which you have no control.

**9. When can you feel overcome by stress?**

**A) When the pressures are more than your coping skills.**

B) When you have too much to do.

C) When you have too many problems to solve.

D) When there is constant nervous tension.

**10. Which of the following is listed as a 'Physical stressor'?**

**A) Lack of physical exercise.**

B) Too many things happening.

C) Physical or sexual abuse.

D) Illness.

**11. What is an example of an 'Identity stressor'?**

**A) Too many things happening over which you think you have no control.**

B) Lack of physical exercise.

C) Constant nervous tension.

D) Too much to do.

**12. Which of these is NOT listed as a stressor in the provided text?**

**A) Lack of sleep.**

B) Physical or sexual abuse.

C) Illness.

D) Injury.

**13. The text emphasizes the importance of life skills for adapting to what?**

**A) Change.**

B) Stress.

C) Anxiety.

D) Pressure.

**14. What is the primary goal mentioned in relation to life skills?**

**A) To adapt to change as part of healthy lifestyle choices.**

- B) To identify and manage stress.
- C) To understand the definition of personality.
- D) To cope with physical stressors.

**15. The notes are a source of money for the creator and required a great deal of what?**

**A) Effort.**

- B) Distribution.
- C) Cooperation.
- D) Peer sharing.

**16. What is the plea regarding the notes?**

**A) Refrain from copying and distributing them to peers.**

- B) Distribute them widely.
- C) Share them with friends.
- D) Make copies for everyone.

**17. The text is intended for students preparing for which examination?**

**A) MATRIC**

- B) GRADE 10
- C) GRADE 11
- D) UNIVERSITY ENTRANCE

**18. Which of the following is NOT a component of stress as defined in the text?**

**A) Satisfaction.**

- B) Pressure.
- C) Nervous tension.
- D) Anxiety.

**19. What is the relationship between pressures and coping skills mentioned in the context of stress?**

**A) When pressures are more than coping skills, one may feel overcome.**

- B) Coping skills should be less than pressures.
- C) Pressures and coping skills are unrelated.
- D) High coping skills always lead to more pressure.

**20. The text encourages healthy lifestyle choices that include the ability to identify and manage what?**

- A) Stress.**
- B) Change.
- C) Anxiety.
- D) Problems.