

Understanding Stress and Life Skills for Healthy Choices

Health · Practice Test · 20 Questions

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.