

Answer all of them in  
short paragraph  
( around 20  
sentences)



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1. Explain why most stress is self-inflicted (Text: Chapter 6 pp. 143-145) The stress is mostly self-inflicted because people tell their minds about aspects as mainly negative. People get stressed because of what they tell themselves in their head. There are toxic thoughts in the minds that create negative experiences. The feelings of depression, anxiety, loneliness, anger and disappointment are associated with the self-interpretations of various happenings. Therefore, in this manner, stress is mostly self-inflicted.

2. Identify three major causes of procrastination and three solutions to overcome procrastination (Text: Chapter 7)

The three major causes of procrastination are boredom, perfectionist attitudes and distractions to work. When one feels a task not motivating and boring, he will follow a procrastinating approach. Procrastination is also there when one wants everything perfect and distractions to perform certain tasks also cause procrastination. For overcoming procrastination, one should acknowledge about the presence of a problem. Another way of overcoming the issue of procrastination is by following the Nike's slogan, " Just do it". The work should be started without worrying about how, when, where or etc. The issue of procrastination can be overcome by setting the preferences and following realistic goals.

3. Discuss three theoretical perspectives why guided imagery is effective (Text: Chapter 8).

Guided imagery can be effective theoretically on a neurological level because through nerve cells, the message is chemically sent to various parts of the body, so the feelings, emotions and images sent chemically can bring about physiological changes in the body by guided imagery. According to the cognitive theory, change in negative thought patterns or interpretation of <https://assignbuster.com/answer-all-of-them-i-short-paragraph-around-20-sentences/>

happenings slows down the nervous system provocation and reduces the stress feelings making guided imagery effective. Then, there is a theoretical perspective about cognitive distraction according to which, as a result of brain's filtering of signals, there are competitive stimuli due to which, attention is diverted towards guided imagery making it effective.

4. What is physical fitness? Describe five components of physical fitness (Lecture notes: Chapter 9).

5. Define burnout and describe three recognizable features of burnout (Text: Chapter 10).

Burnout can be defined as a condition when a person undergoes subtle and continuous stress resulting in depletion of energy and motivation to do any action. There are three recognizable features of burnout, which are 'exhaustion', 'pessimism and cynicism', and 'feelings of failure'. Exhaustion can be described as ending of all energy and sleep resulting in inaction and one's consideration why should one do anything. Pessimism and cynicism can be explained as having a lot of negativities with everything accompanied with lack of energy and motivation resulting in frustration and depression. Feelings of failure can be understood as having no way out of the problems, despair and hopelessness.