

Sources of Stress – Questions by Topic (MCQ)

Q1.

The following are examples of stress in everyday life, some are life changes and some are daily hassles. From the list, select **two** examples of life changes and **two** examples of daily hassles.

- A** Divorce
- B** Household chores
- C** Room temperature
- D** Retirement from work
- E** Traffic jams
- F** Getting married
- G** Changing school
- H** Missing the bus

Life changes: select two from the list above and write one letter in each box.		
Daily hassles: select two from the list above and write one letter in each box.		

(Total 4 marks)