

## BDUIUX (NEP) Sem.-5 Examination

SEC-356

Stress Management

December-2025

Time : 1.00 Hour]

[Max.Marks : 25

**Instructions:**

1. Attempt all questions.
2. Make suitable assumptions wherever necessary.
3. Figures to the right indicate full marks.

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|-----------|---|-----------------------|
| Q.1       | Explain the importance of communication in managing workplace or academic stress with suitable examples.                        | <b>Marks<br/>(10)</b> |
| <b>OR</b> |   |                       |
| Q.1       | Evaluate the role of feedback, appreciation, and open dialogue in boosting employee motivation and work quality.                |                       |
| Q.2       | Explain how communication and social support help in reducing emotional stress.   | <b>(10)</b>           |
| <b>OR</b> |   |                       |
| Q.2       | "Stress management is not about removing stress, but handling it wisely." Discuss.  |                       |
| Q.3       | Write notes on the following:<br><br>Time Management as a stress reduction practice<br><br>Stress and Conflict in Relationships | <b>(5)</b>            |

