

Q1.

Carrie is so stressed that she lies awake at night listening to her heart pounding. She works in a large, noisy warehouse sorting packages that come along a conveyor belt. Workers who do not meet their daily target receive only the minimum wage. Carrie has failed to meet her target every day this week. The factory workers have been trying for weeks to organise a meeting to discuss working conditions and work-related illness with the manager.

Discuss what psychologists have found out about workplace stress. Refer to Carrie in your answer.

[illegible]

(Total 16 marks)

Q2.

Outline life changes as a source of stress and outline **one** limitation of life changes as a source of stress.

(Total 6 marks)