

## 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 <b>two</b> from the list above and write <b>one</b> letter in each box.		
Daily hassles: select <b>two</b> from the list above and write <b>one</b> letter in each box.		

(Total 4 marks)