



**FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCES
NATIONAL OPEN UNIVERSITY OF NIGERIA
2023_2 EXAMINATIONS_**

COURSE TITLE: INTRODUCTION TO STRESS MANAGEMENT
COURSE CODE: PHS820
COURSE UNITS: 2 Units
TIME ALLOWED: 1 ½ Hours
TOTAL MARKS: 70 %
INSTRUCTION: Answer ALL Question

1.
 - a. Relate the impact acute Stress on Quality of Human Memory (4 Marks)
 - b. Briefly, describe the Diaphragmatic Breathing (6 Marks)
 - c. Discuss the importance of any four nutrients in the management of stress (12 Marks)

2.
 - a. As a health practitioner, describe how you can employ emotional intelligent in dealing with stress (10 Marks)
 - b. Briefly describe what you will observe from Mr. X who is stressed and emotionally unhappy (6 Marks)
 - c. While presenting a public awareness campaign to students of school of Nursing, base your presentations on the stages of stress (10 Marks)

3.
 - a. Relate Cortisol hormone to stress and human memory (8 Marks)
 - b. Briefly, describe how progressive muscle relaxation can be practiced (8 Marks)
 - c. As a healthcare provider, what will you observe as principal signs and symptoms of acute stress (6 Marks)