**Activity 5: Workplace Stress and Conflict KU: /9**

1. Explain stress in your own words? (2 marks)
2. Explain a time when you felt stressed and why. (2 marks)
3. What are the 5 sources of stress. (1 mark)
4. Most of you experienced stress when the deadline was approaching for the yearbook, explain your physiological, physical and behavioral symptoms you may have encountered due to this stress. (3 marks)

**Activity 6: Stress Reduction and Conflict Management**

1. Explain stress-reduction techniques. (1 mark)

**Activity 6: Assignment TI: /5**

Read the article [Conflict in Workplace Teams - 5 Ways to Capitalize on Healthy Conflict and Make Better Decisions](http://download.elearningontario.ca/repository/1236890000/BOH4MPU03/BOH4MPU03A06/docs/Conflict%20in%20Workplace%20Teams.pdf). (on OERB)

Briefly describe a situation where you experienced healthy conflict that resulted in better decisions or a better outcome. This situation might be at work, at school, in a community group, sports team, or in your family. (5 marks)