Teacher Answer Key

Case Study

1. He used binge-watching TV shows at night to avoid homework and responsibilities.

2. Scheduling short leisure breaks and practicing deep breathing allowed him to manage tasks and stress more effectively.

Multiple Choice

1. C

2. B

3. D

Matching

1-E, 2-D, 3-B, 4-A, 5-C

Fill-in-the-Blank

1) Healthy, 2) relaxation, 3) Self-reflection (or Reflection)

Short Answer (Sample Responses)

Q1: They provide quick, easy relief or a temporary escape from stress, making them attractive in the moment.

Q2: Friends can check in on each other, share positive coping tips, and gently point out when someone is using avoidance or other harmful strategies.

Q3: You might notice it causes more problems than it solves, leads to increased stress or guilt, or no longer provides the relief it once did.