

Candidate name

Candidate number

Centre name

Centre number


**Paper 2: Wellbeing**

**Sample paper**

**1 hour 30 minutes**

**INSTRUCTIONS:**

- It is necessary to respond on the answer sheets provided alongside this question paper
- Attempt all the questions using a dark blue or black pen.
- You must write your name, candidate number, centre name and centre number on the answer sheets in the designated spaces.
- Do not use correction fluid.
- Avoid writing on any bar codes.

**INFORMATION:**

- This paper has a total of 40 marks.
- It is important to follow the instructions provided on the answer sheet.
- In subjective section, 40 marks are for extended theory.
- The number of marks assigned for every question or its parts is indicated within brackets [ ].

Answer the following questions

- Q1. Roger Ulrich's stress reduction theory is a fundamental concept in understanding the impact of the environment on mental and emotional wellbeing. Discuss the key principles of Ulrich's theory and explain how they can be applied in everyday life situations. [10 marks]
- Q2. Personal boundaries play a crucial role in maintaining mental and emotional wellbeing. Discuss the importance of setting and respecting personal boundaries in relationships and communication. Provide examples of how boundaries can be communicated effectively in different contexts [10 marks]
- Q3. Active listening is a key communication skill that contributes to positive relationships and mental wellbeing. Explain the importance of active listening in various settings and its impact on improving communication and understanding. Discuss how active listening can enhance relationships and support mental health. [10 marks]
- Q4. Resilience is a critical factor in maintaining mental and emotional wellbeing, especially in the face of challenges and setbacks. Outline healthy habits and strategies that can help build resilience and promote overall wellbeing. Reflect on personal experiences of resilience and identify areas for growth and improvement. [10 marks]