

# Stress Management Quiz

Name: \_\_\_\_\_

Complete this quiz after reading the Stress Management guide and taking the stress self-assessments.

1. Your body reacts differently to stress from a non-threatening situation, such as playing sports or pushing yourself to meet a deadline, than it does to stress from a real threat. **True / False** (circle one)
2. The situations and pressures that cause stress in your life are called \_\_\_\_\_.
3. When you repeatedly experience stress in your daily life (known as chronic stress) it can lead to stress \_\_\_\_\_ which can have long term health effects.
4. The warning signs of chronic stress are broken into the following 4 categories:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
5. Due to its physical effects, everyone knows when they are experiencing high levels of stress. **True / False** (circle one)
6. When stressed our bodies release hormones such as adrenaline and \_\_\_\_\_ to prepare us for a “fight or flight” response to the threat.
7. List 4 factors that affect your ability to tolerate stress.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
8. Keeping a log called, a \_\_\_\_\_, can help you identify the causes of stress in your life and how you deal with them.
9. Effective stress management entails removing all stress from your life. **True / False** (circle one)
10. If you have an \_\_\_\_\_ stress response, you will respond best to stress relief activities that quiet you down.
11. If you are constantly stressed because you don’t plan your time well, which of the “4 A” strategies might work for you? \_\_\_\_\_
12. List 3 stress relief ideas that will become part of your personal “Stress Relief Toolbox”
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
13. Which stress management strategy(ies) do you think may work for you in your life and why?  
\_\_\_\_\_  
\_\_\_\_\_

I certify that I have read the Stress Management handout in full and completed the self-assessments prior to competing this quiz.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_