Stress Workshop Quiz

1) Stress is always bad.
   a. True
   b. False

2) Where are the effects of stress felt?
   a. physiologically
   b. emotionally
   c. both a and b
   d. neither a nor b

3) Which of the following are caused or made worse by stress? Mark all that apply.
   a. headaches
   b. high blood pressure
   c. backaches
   d. insomnia
   e. depression
   f. anxiety
   g. irritability

4) To manage stress, people should change their
   a. attitudes
   b. behaviors
   c. clothes
   d. zip code
   e. both a and b
   f. both c and d

5) According to the presentation, meditation always takes a long time.
   a. True
   b. False

6) Exercise is one of the activities suggested to relieve stress.
   a. True
   b. False