|  |
| --- |
| **STEPS TO WELLNESS**Review QuestionsLesson Two – Coping With Stress |
| T | F | (True or False) |
|[ ] [ ]  1. | Mental stress is not really related to physical disease. |
|[ ] [ ]  2. | Stress only comes from negative events. |
|[ ] [ ]  3. | How we react to a “stressor” does not influence the amount of stress we experience. |
|[ ] [ ]  4. | Becoming aware of stress warning signs in our body is a good way to prevent disease. |
|  |  |  |  |
| Multiple Choice Questions*Indicate your answers by checking the letter you think is most correct* |
| 5. | Most researchers agree that, one of the most effective means of dealing with stress is |
|[ ]  A. | Listening to music |
|[ ]  B. | Mid-morning nap |
|[ ]  C. | Building a physical resistance, which includes regularity and exercise. |
|[ ]  D. | none of the above |
|  |  |  |  |
| 6. | When someone comes to us with a potentially stressful request, we might: |
|[ ]  A. | Not consider it until they ask someone else |
|[ ]  B. | Keep an open mind and make a list of our priorities |
|[ ]  C. | Tell them yes regardless of what the request is |
|[ ]  D. | Ignore the request |
|  |  |  |  |
| 7. | When we are especially stressed we might |
|[ ]  A. | Take a long walk |
|[ ]  B. | Spend some time with family or loved ones |
|[ ]  C. | Go on a “outing” for a day or two |
|[ ]  D. | All of the above |
|  |  |  |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |