

## Unit 3.4 Stress Management Skills

### Stress Knowledge Quiz

Please circle the correct answer to each question below:

1. Stress itself is not negative- it is unresolved or constant stress that starts to have unhealthy effects on us.

True                      False

2. Chronic (constant) stress can cause negative physical changes including a weakened immune system, digestive system problems, elevated blood pressure, muscle and back pain, and headaches.

True                      False

3. Stress rarely affects our minds and emotions and generally does not impact our ability to think and learn.

True                      False

4. Drinking alcohol or coffee, sleeping a lot, using drugs and eating a lot are positive ways to deal with stress.

True.                      False

5. There are positive ways to cope with stress including using relaxation techniques and talking with your professors and college counsellors.

True                      False

6. Paying attention to things that cause you stress and changing things that you can is one way to begin coping with stress in a healthy way.

True                      False

