

Stress Prevention Quiz

- 1. Stress is always a bad thing.**
 - a. True b. False

- 2. Too much stress or continued stress can increase risk of:**
 - a. Illness and heart attack
 - b. Low blood pressure
 - c. Both a and b

- 3. Stressful work situations can seem worse if you also**
 - a. Smoke
 - b. Have personal problems
 - c. Have a good sense of humor

- 4. You can reduce negative stress when you:**
 - a. Treat every problem as a crisis.
 - b. Attempt to solve problems rather than worry about them
 - c. Yell at people who irritate you

- 5. When work seems overwhelming, you can reduce the stress by:**
 - a. Not doing the work
 - b. Blaming others for your overload
 - c. Setting priorities and tackling the tasks

- 6. Trying to control all the situations will reduce stress.**
 - a. True b. False

- 7. Worrying about things that might happen is a major cause of stress.**
 - a. True b. False

- 8. Exercise can help reduce work-related stress because it:**
 - a. Makes you too tired to worry
 - b. Clears your head and relaxes your muscles
 - c. Lets you combine mental worry with physical effort

- 9. Using drugs or alcohol is a good way to reduce stress.**
 - a. True b. False

- 10. By getting professional help to deal with stress, you can:**
 - a. Prove you're incapable of handling your job.
 - b. Get an excuse to leave work early
 - c. Learn techniques to prevent or deal with stress.