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| **STEPS TO WELLNESS**  Review Questions  Lesson 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 | |
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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
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