Quiz

Instructions: Answer each question.

1. True or false: Stress is what you feel when you’re worried or uncomfortable about something.  T  F

2. True or false: Good stress can help push you to get things done, like study for a test or practice for a concert.  T  F

3. True or false: Bad stress can make you sick.  T  F

4. True or false: Keeping a balanced life makes you more stressed out.  T  F

5. True or false: When you’re feeling stressed, you should always try to solve the problem yourself.  T  F

EXTRA CREDIT:

6. Write the words that make up the SELF technique for avoiding stress:
   S______________________________
   E______________________________
   L______________________________
   F______________________________

7. Write two strategies that helped you feel better when you were in a stressful situation:
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________