Quiz Answer Key

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:
   \[
   \begin{align*}
   S & \quad \text{sleep} \\
   E & \quad \text{exercise} \\
   L & \quad \text{leisure} \\
   F & \quad \text{food}
   \end{align*}
   \]

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