Quiz

1. True or false: Stress is always bad.

2. Common physical symptoms of stress might include:
   a) headache  
   b) stomach ache  
   c) racing heart  
   d) all of the above

3. Things that cause stress are called _________________.

4. True or false: Doing things like breathing exercises, yoga, or can help ease stress.

5. Underline healthy ways to deal with stress:
   a) talking to a trusted adult  
   b) exercising, going for a walk, or riding a bike  
   c) eating a dozen doughnuts  
   d) listening to music  
   e) throwing your phone out a window  
   f) playing with a pet

EXTRA CREDIT:
6. The human body responds to stressors by activating the nervous system and specific hormones. The hormones _________ and _________ speed up heart rate, breathing rate, blood pressure, and metabolism.