Quiz Answer Key

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 stressors.

4. True or false: Doing things like breathing exercises or yoga 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 adrenaline and cortisol speed up heart rate, breathing rate, blood pressure, and metabolism.