Stress Prevention Quiz

1. Stress is always a bad thing.
   a. True b. False

2. Too much stress or continued stress can increase risk of:
   a. Illness and heart attack
   b. Low blood pressure
   c. Both a and b

3. Stressful work situations can seem worse if you also
   a. Smoke
   b. Have personal problems
   c. Have a good sense of humor

4. You can reduce negative stress when you:
   a. Treat every problem as a crisis.
   b. Attempt to solve problems rather than worry about them
   c. Yell at people who irritate you

5. When work seems overwhelming, you can reduce the stress by:
   a. Not doing the work
   b. Blaming others for your overload
   c. Setting priorities and tackling the tasks

6. Trying to control all the situations will reduce stress.
   a. True b. False

7. Worrying about things that might happen is a major cause of stress.
   a. True b. False

8. Exercise can help reduce work-related stress because it:
   a. Makes you too tired to worry
   b. Clears your head and relaxes your muscles
   c. Lets you combine mental worry with physical effort

9. Using drugs or alcohol is a good way to reduce stress.
   a. True b. False

10. By getting professional help to deal with stress, you can:
    a. Prove you’re incapable of handling your job.
    b. Get an excuse to leave work early
    c. Learn techniques to prevent or deal with stress.