

# Stress Management and Prevention Test - Answer Guide

## Question 1

Studies show that nearly \_\_\_\_\_ of all workers report moderate to severe stress while on the job.

- A. one-fourth
- B. one-third
- C. half
- D. two-thirds

## Question 2

Career changes, health problems, financial pressures, and relationship issues are stressors that might originate at home with family and friends, and then affect your work performance.

- A. True
- B. False

## Question 3

Match the following types of stress with their corresponding description. (Draw a line from the item on the left, to its matching item on the right. Not every choice will be used.)

- |    |   |       |
|----|---|-------|
| 1: | Positive  |       |
| A: | What people experience when being extremely creative or physically active       | _____ |
| 2: | Negative  |       |
| B: | What people experience when they become stressed by factors they cannot control | _____ |
| 3: | Reductive   |       |

## Question 4

Any combination of the physical and mental or emotional symptoms of stress will impact work performance. Studies have determined ongoing stress results in lack of productivity.



- A. True
- B. False

Question 5

Which of the following ways can chronic stress take a toll on a person? (Select all that apply.)



- A. Physically
- B. Emotionally
- C. Mentally

Question 6

Which of the following are physical symptoms of stress? (Select all that apply.)



- A. Headaches
- B. Over or under-eating
- C. Paranoia
- D. Muscle tension

Question 7

Which of the following conclusions can be determined by asking yourself the question "Will your stressors end soon, or will they be ongoing?" (Select all that apply.)

- A. My stress will end soon and therefore be more damaging
- B. My stress will be ongoing and therefore more damaging
- C. My stress will be ongoing and therefore less damaging
- D. My stress will end soon and therefore it may not lead to damaging stress

Question 8

Which of the following is not one of the steps to take control of stressors?

- A. Identify the primary stressors
- B. Keep a stress journal to help pinpoint both the causes of stress as well as your typical reactions to them
- C. Analyze the coping strategies you have previously used and determine if they are effective
- D. Start eating unhealthy food and begin smoking cigarettes

Question 9

Thirty minutes of exercise, three times a week can reduce the effects of stress, increase your fitness and boost endorphins, human's "feel-good" neurotransmitters, which will improve your mood.

- A. True
- B. False

Question 10

If you are frequently depressed and angry about work, it may be caused by stress.

- A. True
- B. False

Question 11

Which of the following is not a individual or personal stressor?

- A. Health problems
- B. Financial pressures
- C. Relationship issues
- D. Elevated sound levels

Question 12

Which of the following is not an organizational stressor?



- A. Discrimination
- B. Overly strict rules and regulations
- C. Childcare arrangements
- D. Ineffective supervision

Question 13

Which of the following are steps to take control of stressors? (Select all that apply.)



- A. Examine the situation causing the stress and decide if it needs to be avoided, altered, adapted to, or accepted
- B. Find ways to express emotions and grievances rather than keeping silent
- C. Take time to relax
- D. Get an adequate amount of sleep each night