Foundations 1E Quiz Questions Lesson 7.4

1. Stress is

a. anything you don’t think you can cope with

b. the ability to cope with demanding or difficult situations

c. the body’s reaction to a demanding or difficult situation

d. the need to avoid demanding or difficult situations

Answer: \_\_\_\_\_

2. Jeong’s father was diagnosed with diabetes five years ago, and she has been worried about him ever since. What type of stressor is Jeong experiencing?

a. acute

b. chronic

c. major life event

d. routine

e. traumatic

Answer: \_\_\_\_\_

3. Problems with chronic stress can contribute to type 2 diabetes.

a. True

b. False

Answer: \_\_\_\_\_

4. Optimal stress is when

a. your stress and anxiety are out of control

b. you are nervous but invested in what you are doing

c. you are not feeling any pressure

d. you are completely relaxed

Answer: \_\_\_\_\_

5. All of the following are positive ways to manage stress EXCEPT

a. breathing deeply

b. using positive self-talk

c. exercising

d. ignoring the stress and hoping it goes away

Answer: \_\_\_\_\_