

## Session 8 Quiz - Stress Management

1. Stress can be defined as the internal and external demands of daily living. **T F**
2. Stress management has been defined as responding to the stressors of life by making choices that prevent or minimize danger while creating or maximize opportunities. **T F**
3. Chronic unrelieved stress can trigger heart disease, asthma, diabetes, mental illness, high blood pressure, ulcers, cancer, the common cold and the flu. **T F**
4. Four danger stress signals include the following expressions: Minor problems throw me for a loop; Nothing gives me pleasure anymore; I can't stop thinking about my problems; and, I feel frustrated or angry infrequently. **T F**
5. Five factors that can close off your stress relief valve include caffeine, alcohol, overuse of drugs, smoking and addictive or escapist behaviors. **T F**
6. Almost everything that happens in our lives does not require a particular viewpoint, belief, or interpretation in order for it to evoke a response in us. **T F**
7. Your beliefs empower the stressors in your life and enable them to produce the level of stress you experience. **T F**
8. Activating events or the stressors in life always cause us to behave in a particular way. **T F**
9. Our thoughts about the events in our lives don't create our moods or influence our behaviors. **T F**
10. If we can change an interpretation of an event, we can effectively change the impact that event will have on us. **T F**
11. Recognizing our weaknesses is the place to begin in order to receive God's strength. **T F**
12. The trials, stressors or the difficulties in life are for our good. **T F**
13. Suffering ceases to be suffering, in some way, at the moment it finds a meaning. **T F**
14. The three steps in addressing irritations include 1) Thanking God for the irritation, no matter what, because there's a purpose; 2) Identifying possible causes: Did I in any way cause this? and, 3) Determining the ultimate objectives: What qualities does God want to develop in me? **T F**
15. Above the distractions of earth [God] sits enthroned; all things are open to His divine survey, and from His great and calm eternity He orders that which His providence sees best. **T F**
16. The stress tank stress relief valve can be opened by factors such as prayer, relaxation, exercise, having a healthy viewpoint, eating healthfully, setting limits and one's endowment. **T F**
17. The stressors of life include factors such as the loss of job, financial troubles, relationship conflicts, grief, excessive change and sustained illness. **T F**
18. Accident proneness, relationship issues and mental illness can be signs that the stress tank has overflowed. **T F**
19. Attitude determines whether we perceive any experience as pleasant or unpleasant, and adopting the right one can convert a negative stress into a positive one. **T F**
20. All experiences must be processed through your brain and given a conscious meaning before you experience any emotional response. **T F**