

Stress Management Unit Test

1. What is stress?

- A. A disease caused by emotions
- B. The body's response to any demand for change**
- C. A condition that only affects mental health
- D. Something that should always be avoided

2. Which type of stress is short-term and immediate?

- A. Environmental stress
- B. Chronic stress
- C. Acute stress**
- D. Baseline stress

3. What is one example of physical stress?

- A. Poor sleep**
- B. Listening to music
- C. Talking with friends
- D. Watching a comedy movie

4. What happens during unmanaged stress?

- A. The body quickly returns to balance
- B. The body stays activated without recovery**
- C. The body stops responding to stress
- D. Stress completely disappears

5. Which hormones are commonly released during the stress response?

- A. Insulin and melatonin
- B. Dopamine and serotonin
- C. Adrenaline and cortisol**
- D. Calcium and iron

6. What is one common sign of stress?

- A. Trouble focusing**
- B. Perfect sleep every night
- C. Feeling energized all the time
- D. Never feeling emotions

7. Why can deep breathing help manage stress?

- A. It increases stress hormones
- B. It tells the nervous system the body is safe**
- C. It prevents all stressful situations
- D. It removes the need for sleep

8. What is the purpose of a screen-free hour?

- A. To increase stimulation
- B. To make people more stressed
- C. To allow the nervous system to slow down**
- D. To avoid all responsibilities

9. What can journaling help a person do?

- A. Organize thoughts and process emotions**
- B. Avoid all stress permanently
- C. Stay distracted all day
- D. Eliminate the need for communication

10. What is the goal of stress management?

- A. To eliminate every stressful situation
- B. To ignore stress completely
- C. To support the body's ability to recover and build resilience**
- D. To avoid all emotions