

## Participant's Guide: Recognizing Stress



**1. Which one of the following is NOT mentioned as a possible symptom of stress?**

- A. Teeth grinding
- B. Sweating
- C. Athlete's foot
- D. Hostility
- E. Heart palpitations

**2. Which one of the following disorders can be caused by stress?**

- A. High blood pressure
- B. Insomnia
- C. Digestive disorders
- D. Immune system disorders
- E. All of the above

**3. Circle one or more examples of *daily hassles*.**

- A. Traffic
- B. Divorce
- C. Noise
- D. Losing Things
- E. Problem with co-worker

**4. Circle one or more examples of *major life events*.**

- A. Losing your job
- B. Car breaks down
- C. Interruptions
- D. A death in the family
- E. Diagnosed with cancer

(Hint: in questions 3 and 4 what you DON'T circle belongs in the list above or below.)

**5. Even good things like having a baby and moving to a new house can add a measure of stress to your life and are considered major life events.**

True

False

**6. The best thing to do about daily hassles is to try to avoid or eliminate them (whenever possible).**

True

False

**7. Counter-productive coping methods are the best methods for coping with stress.**

True

False

**8. Which one of the following is NOT an example of counter-productive coping?**

A. Drinking

B. Smoking

C. Over-spending

D. Meditation

E. Over-eating

**9. Counter-productive coping with stress can sometimes lead to even more serious problems with road rage, eating disorders, gambling, and drug addiction.**

True

False

**10. If you want to find out what's bugging you and get your stress under control one of the best things to do first is:**

A. Go on the internet

B. Watch TV

C. Keep a journal for at least a week.

D. Play video games

E. Eat ice cream

**Answers:**

**1. C 2. E 3. A, C, D, E 4. A, D, E 5. True 6. True 7. False 8. D. 9. True 10. C.**

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**Rowayton, CT 06853**

**1-800-367-1604**