

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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