Stress can heighten your senses and increase your focus, but too much of it can cause problems with both mental and physical health. Answer the questions below to learn more about managing stress.

**STRESS MANAGEMENT BASICS: True Or False?**
Write “True” after the statements that are correct and “False” after the ones that are wrong.

1. The first step in managing stress is identifying stressors. _____________
2. Getting 3 to 4 hours of sleep each night helps keep stress at bay. _____________
3. Signs of stress include forgetfulness, overeating, and lack of energy. _____________
4. Results of stress include a stronger immune system, being accident and injury free, and falling asleep easily. _____________
5. Eating nutritious foods is a good way to lower stress. _____________

**KEEP STRESS IN CHECK:  Multiple Choice**
Circle the best answer to each multiple-choice question or statement below.

6. Being healthy reduces stress. With this in mind, you should practice good hygiene, wash your hands often, and…
   A. have three glasses of wine to relax each evening.
   B. go for a walk each night after dinner.
   C. smoke cigarettes to take the edge off.
   D. not get out of bed.

7. Managing time wisely can make life less stressful. Which answer is **not** a smart way to manage time?
   A. Make a daily to-do list
   B. Reduce distractions
   C. Be available all day to answer the phone and emails
   D. Break large tasks into small ones

8. Relaxation techniques that lessen the effects of stress include all of the following except…
   A. practicing deep breathing.
   B. spending time with loved ones.
   C. visualizing a place you’d rather not visit again.
   D. listening to soothing music.

9. Which is a good way to cope with stress?
   A. Keeping a positive attitude
   B. Limiting time for activities you enjoy
   C. Saying “Yes” to all social and work engagements
   D. Expressing your emotions only when you can’t hold them in anymore

10. If you can’t handle stress on your own, you should…
   A. build up your tolerance for stress.
   B. visit your doctor or talk to a therapist.
   C. accept that there’s nothing you can do.
   D. take on more obligations.
1. TRUE

2. **FALSE.** You should get between 7 and 9 hours of sleep each night to help handle stress.

3. TRUE

4. **FALSE.** Results of stress include a weakened immune system, an increased chance of accidents and injuries, and sleeplessness.

5. TRUE

6. **B.** Alcohol, cigarettes, and not getting out of bed are not healthy ways to reduce stress.

7. **C.** Set aside specific times each day to handle phone calls and emails. Give yourself part of the day to be free of distractions.

8. **C.** Visualizing a peaceful place can help you relax and de-stress.

9. **A.** Scheduling time for activities that make you happy, putting a limit on obligations, and expressing your feelings regularly are also ways to cope with stress.

10. **B.** Get help from a professional if you have difficulty managing your stress level.