1. Stress is the body’s reaction to any change that requires an adjustment or response.
   True

2. We all cope with stress and recover from stress the same way.
   False

3. Visualization is a relaxation technique
   True

4. Working on becoming a problem solver may help with stress.
   True

5. All stress is bad.
   False

6. Of all the types of stress, changes in health from routine stress may be hardest to notice at first.
   True

7. Staying in the present rather than worrying about the future is a way to develop well-being.
   True

8. Negative self-talk or criticizing yourself is a negative coping response to stress.
   True

9. The effects of stress tend to build up over time.
   True

10. Seeking counseling for a continued struggle with stress is a positive coping response.
    True