In-home aide newsletter- February 2017
POST-TEST on Stress

Name: _________________________________________ Date: _____________________

Circle True or False:

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

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

3. Visualization is a relaxation technique.
   True False

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

5. All stress is bad.
   True False

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

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

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

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

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