

Post-Test

1. Imagine you have an important meeting early tomorrow morning. Setting your alarm clock 15 minutes earlier is an example of _____ the potential stress.
 - a. Altering
 - b. Avoiding
 - c. Accepting
2. Which of the following qualifies as a source of stress on the job?
 - a. Absenteeism
 - b. Low morale
 - c. Accidents
 - d. All of the above
3. Quality of Support means:
 - a. Paying extra to upgrade a software support help plan
 - b. Maintaining good friendships and asking for help if you need it
 - c. Responding to a questionnaire about help you received recently
4. True or False: Cooking at home is better for your wallet and waistline.
5. True or False: If you are in a lot of debt, your first priority should be to get out of debt and leave no money for recreation.
6. True or False: Everything on your to-do list should be done perfectly, even if you are under a lot of stress.
7. True or False: If stress on the job is becoming too much, you should consider changing jobs.
8. True or False: Exercise is not a form of relaxation.
9. True or False: The term eustress is given to an event in your life that causes extreme amounts of stress, like the death of a spouse or a disabling accident.
10. True or False: Your self-esteem is inversely proportional to the amount of stress you have.