

Pre-Test

1. Which of the following will help with stress management?
 - a. Good nutrition
 - b. Exercise
 - c. Relaxation techniques
 - d. All of the above
2. To stay healthy at work, which of the following will you avoid?
 - a. Saying “no” to extra task
 - b. Eating at your desk
 - c. Stretching every hour
3. Which of the following impact our ability to manage stress?
 - a. Our personality
 - b. The nature of organization in our lives
 - c. The quality of support we get from others
 - d. All of the above
4. True or False: Stress is an unavoidable part of everyone’s life.
5. True or False: Workplace stress is always the biggest cause of stress.
6. True or False: Stress is the number one health problem in the world.
7. True or False: Deep breathing helps move blood through your brain, removing toxins, and makes you more alert.
8. True or False: To-do lists are effective when you assign as many tasks as you can do comfortably in a day.
9. True or False: Avoidance of stress in the first place is an effective way to make yourself happier.
10. True or False: It is possible to make big changes to your personality in order to avoid stress.