# Recognizing Stress Assessment

Please circle the alphabet, answer true or false or write in your best answers.

1. One of the first things you have to do in order to manage stress
   1. is recognize and acknowledge the stress
   2. ignore the stress until it goes away
   3. tell someone else about your stress
2. People who often have stress
   1. are week and frail emotionally
   2. are normal everyday people
   3. will never be able to manage their stress
   4. neither
3. Some stress indicators could be:
   1. nervousness
   2. headaches
   3. sweaty palms
   4. all of the above
4. Anyone who suffers from excessive stress
   1. will never be able to do anything about it
   2. can seek out professional help
   3. will figure it out as they go
5. All stress is always bad for all individuals
   1. \_\_\_\_\_\_\_\_ True b. \_\_\_\_\_\_\_\_\_ false
6. Some symptoms of stress are
   1. poor concentration
   2. irrational thinking
   3. forgetfulness
   4. All above
7. **Some behavioral Symptoms of stress could be**
   1. anger
   2. withdrawal
   3. emotional outbursts
   4. all above
   5. None of the above
8. One way to control stress is by
   1. eating chocolate ice cream
   2. holding your breath
   3. pausing, taking a deep breath and counting to 20
9. If you are feeling too much stress you should
   1. stop and consider why you are stressing
   2. stop and identify what is causing your stress
   3. use one of the stress release methods
   4. all above is true
10. Stress management is a proven and doable strategy
    1. \_\_\_\_\_\_\_\_ True. B. \_\_\_\_\_\_\_\_ false

**Answer Key**

1. a

2. b

3. objective

4. b

5. b false

6. objective

7. objective

8. c

9. d

1. A true