

Stress Quiz

Name: _____

Date: _____

1. What is the definition of stress?
 - A. a holiday
 - B. when the body needs food
 - C. the bodies physical, mental, or emotional reaction to any change
 - D. a movie
2. True or False- distress is the good form of stress
 - A. True
 - B. False
3. Which of the following might cause eustress?
 - A. Riding a roller coaster
 - B. Going to the hospital with a broken arm
 - C. Bad grades in school
 - D. Changing schools halfway through the school year
4. True or False- distress feels unpleasant
 - A. True
 - B. False
5. What are the three things we do when we face a stressor?
 - A. Stop, drop, and roll
 - B. Fight, flight, or freeze
 - C. Breath, think, react
 - D. Scream, yell, and cry

Stress Questions And Answers

Lei Shi



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