



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: Stress is what you feel when you're worried or uncomfortable about something. T F
2. True or false: Good stress can help push you to get things done, like study for a test or practice for a concert. T F
3. True or false: Bad stress can make you sick. T F
4. True or false: Keeping a balanced life makes you more stressed out. T F
5. True or false: When you're feeling stressed, you should always try to solve the problem yourself. T F

EXTRA CREDIT:

6. Write the words that make up the SELF technique for avoiding stress:

S _____
E _____
L _____
F _____

7. Write two strategies that helped you feel better when you were in a stressful situation:

