



## Quiz Answer Key

1. True or false: Stress is always bad.
2. Common physical symptoms of stress might include:
  - a) headache
  - b) stomach ache
  - c) racing heart
  - d) all of the above
3. Things that cause stress are called stressors.
4. True or false: Doing things like breathing exercises or yoga can help ease stress.
5. Underline healthy ways to deal with stress:
  - a) talking to a trusted adult
  - b) exercising, going for a walk, or riding a bike
  - c) eating a dozen doughnuts
  - d) listening to music
  - e) throwing your phone out a window
  - f) playing with a pet

### EXTRA CREDIT:

6. The human body responds to stressors by activating the nervous system and specific hormones. The hormones adrenaline and cortisol speed up heart rate, breathing rate, blood pressure, and metabolism.