

Assessment

Stress Management

Third Edition

The objectives of this book are to help the user:

- Define stress and understand its effects on emotional health
- Examine strategies for coping with stress
- Employ mindfulness meditation techniques
- Make personal contacts positive and meaningful
- Explore ways to attain and maintain emotional maturity

■ CRISP_{series}

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Assessment Questions for Stress Management, Third Edition

Select the best response.

1. A certain amount of stress is necessary to get work done.
 - A. True
 - B. False

2. Stress can be identified as:
 - A. A set of feelings that “something is not right”
 - B. A series of stressful events
 - C. Lifestyle choices that affect yourself and others
 - D. Physical symptoms
 - E. All of the above

3. You can keep your stress in check in the workplace by:
 - A. Covering up your mistakes
 - B. Waiting until the deadline to complete a task
 - C. Sticking with a decision once it is made
 - D. All of the above
 - E. None of the above

4. Stress comes from:
 - A. Within us
 - B. Outside us

5. Which of the following is an assumption that would lead to realistic expectations?
 - A. That it is possible for everybody to like us
 - B. That we must be competent and adequate all of the time
 - C. That we cannot control or change our feelings
 - D. All of the above
 - E. None of the above

6. To gain self-confidence, you should:
 - A. Dwell on your failures
 - B. Compare yourself to others
 - C. Seek to gain others' approval
 - D. Find your uniqueness and build on it
 - E. None of the above

7. Symptoms of the second stage of stress (resistance) include:
 - A. Restlessness, anxiety, or depression
 - B. Emotional isolation or narrowing of interests
 - C. Physical problems or loss of self-confidence

8. In order to maintain emotional health:
 - A. Keep your feelings to yourself
 - B. Make negative judgments about other people
 - C. Emphasize what you do well and plan for success
 - D. All of the above
 - E. None of the above

9. Continuous stress has been shown to have a gradual damaging effect on the cardiovascular system, which can hasten the aging process.
 - A. True
 - B. False

10. The theory behind biofeedback is that:
 - A. Our attitudes and thoughts have a direct impact on our physical and emotional health
 - B. If unconscious or bodily processes can be made perceptible to the senses, they can be mentally controlled
 - C. Both of the above
 - D. Neither of the above

11. Type B personalities:
 - A. Are more competitive, restless, and quick to anger
 - B. Are calmer and less rushed by the day's events
 - C. Produce fewer physical symptoms related to stress
 - D. A and B
 - E. B and C

12. A sign that you have achieved an open relationship with someone is when you:
 - A. Win many arguments
 - B. Get the other person to change his or her behavior
 - C. Take risks and recognize the possibility of being rejected or hurt
 - D. Bring up "old hurts" to resolve problems

13. A "high-voltage" charge of adrenaline in our system:
 - A. Makes it possible for us to do incredible things
 - B. Can be like a poison in our system if it stays at a peak indefinitely
 - C. Both of the above
 - D. Neither of the above

14. It is never a good idea to deal with stressful situations by avoiding them altogether, even in the short-term.
 - A. True
 - B. False

15. One way to develop mindfulness is to:
 - A. Constantly judge yourself
 - B. Constantly judge others
 - C. Stop judgmental behavior
 - D. None of the above

16. A symptom of stress in the workplace could be when:
 - A. You pursue perfection beyond what is realistically possible
 - B. You bully or seek perfection from those you supervise
 - C. Conflicts with your spouse and family increase with no clear reasons
 - D. Any of the above
 - E. A and B

17. You may experience burnout if you:
- A. Set realistic expectations for yourself
 - B. Receive regular encouragement from supervisors
 - C. Find you spend more time on outside activities rather than work
 - D. Feel a sense of powerlessness to remedy problems in the workplace
18. A good way to change your internal attitude toward stress is to:
- A. Work out your troubles on your own
 - B. Develop a sense of humor about your situation
 - C. Focus on play and less on work
 - D. A and B
 - E. B and C
19. Multitasking adds to stress and reduces efficiency, causing us to accomplish less.
- A. True
 - B. False
20. Those who will most likely experience burnout are:
- A. Administrators
 - B. Dedicated workaholics
 - C. People in the middle years of life
 - D. Any of the above
 - E. None of the above
21. To be meaningful, goals should not go beyond what you can achieve.
- A. True
 - B. False
22. According to the Yerkes-Dodson Law, efficiency and performance increase with the level of stress to a certain point and then decline with additional stress.
- A. True
 - B. False

23. Emotionally mature individuals:
- A. Do not take risks
 - B. Are prejudiced against those who are different
 - C. Accept emotional support from others
 - D. Have unrealistic expectations of themselves
24. Mindfulness is focusing on:
- A. Present-moment experiences
 - B. The past and the future
 - C. Both of the above
25. Which of the following can be considered an interpersonal relationship pattern to be avoided?
- A. Placing people automatically in “boxes”
 - B. Being combative—argumentative and rigid
 - C. Being too agreeable
 - D. All of the above
 - E. A and B

Answer Key for Stress Management, Third Edition

Recommended response (Corresponding workbook page)

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|-----------|--------------|------------|------------|------------|
| 1. A (15) | 6. D (69) | 11. E (8) | 16. D (16) | 21. B (74) |
| 2. E (5) | 7. B (11-12) | 12. C (70) | 17. D (19) | 22. A (21) |
| 3. C (30) | 8. C (71) | 13. C (14) | 18. B (28) | 23. C (65) |
| 4. A (3) | 9. A (13) | 14. B (29) | 19. A (40) | 24. A (40) |
| 5. E (55) | 10. C (39) | 15. C (40) | 20. D (20) | 25. D (59) |