



Name: _____

Date: _____

Quiz

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 _____.
4. True or false: Doing things like breathing exercises, yoga, or _____ 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 _____ and _____ speed up heart rate, breathing rate, blood pressure, and metabolism.