

**STRESS MANAGEMENT & SELF CARE**

(<http://www.pinetreehospice.org/classNotes/Stress%20Management%20and%20Self%20Care%20Class.pdf>)

Directions: for each of the following questions, select the ONE BEST answer

1. Stress causes dis-ease when it is:
  - a) cumulative
  - b) emotional
  - c) physical
  - d) unpleasant
  
2. You drink enough fluid if you:
  - a) carry a thermos of water when you leave home
  - b) don't feel thirsty
  - c) drink a glass of water every morning and every evening
  - d) have plentiful pale yellow urine
  
3. Healthful nutrition limits:
  - a) fats that are solid at room temperature
  - b) salt
  - c) sugar
  - d) all of the above
  - e) none of the above
  
4. Older adults:
  - a) need as much exercise as younger adults, within physical limitations
  - b) need much less exercise than younger adults
  - c) should avoid aerobic activity
  - d) should exercise in the early morning hours
  
5. You have had enough sleep if you
  - a) awaken without an alarm
  - b) fall asleep easily
  - c) feel rested
  - d) sleep through the night
  
6. You can get soothing music, sounds, and meditations for free from your
  - a) computer
  - b) smartphone
  - c) tablet
  - d) all of the above

7. Complementary therapies, such as acupuncture, can:
- a) cause distress in many people
  - b) cure most diseases, if used correctly
  - c) enable your body, mind, and spirit to resist pathogens such as the flu, and environmental toxins
  - d) all of the above
  - e) none of the above
8. Meditation is focused attention with the intention of becoming
- a) emotionally peaceful
  - b) mentally aware of the present moment
  - c) physically relaxed and comfortable
  - d) spiritually connected to a greater power or to your highest self
  - e) all of the above
  - f) none of the above
9. The reason to practice abdominal breathing is to
- a) bring more air into the body
  - b) exercise your diaphragm
  - c) relax you
  - d) all of the above
  - e) none of the above
- 10) Affirmations, such as “I can say no and not feel guilty” are useful because they:
- a) are always said in the present tense
  - b) are easy to remember
  - c) can manifest themselves into reality
  - d) all of the above
  - e) none of the above