Course: AFJROTC (Leadership Education) WEEKS: 6-9 Due: 8 May 2020

**Managing Stress (Quiz 3)**

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NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLASS PERIOD: \_\_\_\_\_\_\_\_\_\_\_

Multiple Choose. Select the best answer.

1. What is the first stage in the stress response?
2. To Relax
3. To be Alarmed
4. To Loosen up
5. To lower your guard
6. In managing stress, what is **fight**, **flight**, or **freeze** a response to?
7. The body and mind’s preparation to help us to respond to a tense situation or danger
8. A feeling of over confident
9. A weak minded individual
10. A well minded plan
11. What type of response is the body’s action to release tension, such as a decrease in our heart rate and breathing rate, and an increasing sense of wellbeing?
12. Relaxation response
13. Flight response
14. Fight response
15. Freeze response
16. What is Adrenaline? (Figure 2.11)
17. Regular energy that is only used when you are calm
18. The “emergency hormone” that prepares the body to respond to a stressor
19. A harmful hormone that should be avoided at all cost
20. A hormone that is only useful in weak people
21. Which of the following **IS NOT** a physical symptom on an Alarm Response? (Figure 2.11)
22. Normal respiration rate
23. Rise in blood pressure
24. Dilated pupils
25. Increased muscle tension
26. The body losing its ability to adapt to a situation when exposed to prolonged periods of stress best describes which of the following?
27. Fatigue
28. A refreshed body
29. A strong minded and physical individual
30. A poor planner, who used up all of his/her energy
31. Answer True or False to this statement. Fatigue can affect your body in several ways.
32. False
33. True
34. What type of fatigue results when your muscles work very hard for long periods, often leading to soreness and pain?
35. Pathological fatigue
36. Psychological fatigue
37. Physical fatigue
38. Dickinson fatigue
39. What type of fatigue is brought on when your body’s defenses are overworked in fighting disease?
40. Physical fatigue
41. Psychological fatigue
42. Dickinson fatigue
43. Pathological fatigue
44. What type of fatigue is Chanse experiencing as a result of his constant worrying, and being in isolation from Air Force Junior ROTC for an unknown period of time?
45. Physical fatigue
46. Dickinson fatigue
47. Pathological fatigue
48. Psychological fatigue
49. Which of the following **IS NOT** a physical symptom of stress in teens?
50. Problem sleeping
51. Nightmares
52. Depression
53. Being calm
54. Which of the following **IS NOT** a behavioral symptom of stress in teens?
55. Honesty
56. Crying
57. Lying
58. Withdrawal
59. Sometimes stress can lead to a psychosomatic response. What does the prefix psycho mean?
60. Of the body
61. Of the mind
62. Of both, the body and mind
63. None of these responses are correct
64. What is the most common cause of a headache?
65. Stress
66. Harmony
67. Relaxation
68. Good Health
69. Extended exposure to stress can reduce your body’s ability to fight disease by weakening what?
70. Your ability to speak
71. Your ability to see
72. Your ability to hear
73. Your immune system
74. Anxiety—A feeling of severe anxiety can bring on symptoms such as nightmares, confusion, and depression. It can even bring on a stress-related what?
75. Ulcers
76. Satisfaction
77. Pleasure
78. Hope
79. Under “The Impact of Tension-Related (Stress) Headaches”, who is likely to suffer twice as many tension headaches than the other gender?
80. Men are twice as likely to suffer from tension headaches than women
81. Women are twice as likely to suffer from tension headaches than men
82. The number of men and women suffer equally from tension headaches
83. What is the first step in stress management?
84. Find a distractor
85. To admit that you are weak
86. To identify the source of the stress
87. Create a plan to remove the stress
88. Knowing how and when to relax, keeping a positive outlook, and keeping a sense of humor are part of what? (read the Positive Ways to Manage Stress section)
89. Stress Management Skills
90. Spiritual Awaking Programs
91. Seeing the Big Picture
92. Setting New Goals
93. What happens when you relax?
94. Your heart rate speeds up
95. Your heart rate slows down
96. You lose weight
97. You gain weight