

# Time & Stress

## Unit 03:

## Stress

# Management

Author: Dionne Mahaffey

Lecturer @The Saylor Academy

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## 1. Unit 03: Stress Management

## 4. Chapter: Unit 03: Stress Management

### 1. Unit 03: Stress Management Questions

#### 4.1.1. Fill in the blank. When a person is experiencing \_\_\_\_\_ stress, p...

Author: Dionne Mahaffey

Fill in the blank. When a person is experiencing \_\_\_\_\_ stress, psychotherapy or medical intervention should be sought.

Please choose only one answer:

- manageable
- mild
- chronic
- overt

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#### 4.1.2. What is the first step in managing your stress effectively?

Author: Dionne Mahaffey

What is the first step in managing your stress effectively?

Please choose only one answer:

- Alter the situation
- Adapt to the stressor
- Identify your sources of stress
- Avoid unnecessary stress

Check the answer of this question online at QuizOver.com:

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### 4.1.3. Which of the following strategies is considered a healthy response ...

Author: Dionne Mahaffey

Which of the following strategies is considered a healthy response to cope with stress?

Please choose only one answer:

- Do not change the situation
- Change your reaction
- Never avoid the stressor
- Always accept the stressor

Check the answer of this question online at QuizOver.com:

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#### 4.1.4. You are experiencing several signs and symptoms of stress including...

Author: Dionne Mahaffey

You are experiencing several signs and symptoms of stress including the inability to concentrate, occurrences of poor judgment, and constant worrying. What type of warning signs and symptoms are these?

Please choose only one answer:

- Behavioral symptoms
- Physical symptoms
- Emotional symptoms
- Cognitive symptoms

Check the answer of this question online at QuizOver.com:

Question: [You are experiencing several signs and Dionne Mahaffey @The Saylor](#)

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#### 4.1.5. You are leading a work group that is planning an event, and you are...

Author: Dionne Mahaffey

You are leading a work group that is planning an event, and you are concerned that you won't meet the deadlines. You have decided to focus on the loyalty and cheerfulness of your co-workers. What stress management strategy are you practicing?

Please choose only one answer:

- Adapting
- Accepting
- Avoiding
- Altering

Check the answer of this question online at QuizOver.com:

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#### 4.1.6. You plan to keep a stress diary. Which of the following might be a ...

Author: Dionne Mahaffey

You plan to keep a stress diary. Which of the following might be a benefit of this type of diary?

Please choose only one answer:

- Being able to identify causes of short-term stress
- Gaining insight about how you react to stress
- Discovering the levels of pressure at which you prefer to operate
- All of these choices

Check the answer of this question online at QuizOver.com:

Question: [You plan to keep a stress diary. Which of Dionne Mahaffey @The Time](#)

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