

Hack 3 – Overcoming Stress Quiz

Note: Some questions may have more than one correct answer

- 1. What is a good first step in overcoming stress?**
 - a) Seeking professional help from a therapist.
 - b) Speaking back to your stressful thoughts.
 - c) Creating a stress list of what's stressing you.
 - d) Going on a walk.
- 2. Why is time management one of the 7 stress busters?**
 - a) It makes you forget the time.
 - b) It encourages you to be distracted.
 - c) It helps you stay organized and less overwhelmed.
 - d) It helps you waste less time and so you have more time to get stressed.
- 3. Why does it matter for my stress levels whether in my thoughts I “need” or I “want” something?**
 - a) The way we think has a big effect on how we feel.
 - b) It helps me get stuff I don't actually need.
 - c) It doesn't.
 - d) “Need” thoughts create pressure and stress.
- 4. Putting on a smile, even when you don't feel like it, to improve your mood, is known as?**
 - a) "Sulk till you bulk".
 - b) "Fake it till you make it".
 - c) "Hide it till you ride it".
 - d) "Feel it to heal it".

5. What is the purpose of the soothing breathing technique?
- a) To inhale and exhale quickly to increase the heart rate.
 - b) To breathe through the nose instead of the mouth for better oxygen intake.
 - c) To hold your breath for an extended period to build lung capacity.
 - d) To take slow, deep breaths to help relax and reduce stress.
6. Which of the following are actual “needs”?
- a) A new pair of trainers.
 - b) Air to breathe.
 - c) The latest video game console.
 - d) A summer vacation to a tropical island.
7. How does making a stress list help me with my stress
- a) It doesn't- I just needed to fill more space in the book.
 - b) It teaches you how to make spaghetti in your mind.
 - c) It helps you break down the stresses in your mind.
 - d) It distracts you from the big problems in your life.
8. If you are worried about failing an upcoming test and think, "I'm going to fail," what would be an example of responding to this stressful thought?
- a) Agreeing with the thought and feeling more stressed.
 - b) Realizing it's just a thought and has no actual power.
 - c) Challenging the thought with a more positive alternative.
 - d) Avoiding the test altogether to prevent failure.
9. Speaking to someone you trust about what is stressing you is a great stress buster because:
- a) It allows you to unburden your stress.
 - b) Maybe they will have good ideas to help you.
 - c) You will get more friends.
 - d) It gives you a distraction.
10. Everyone feels stress at various times so why do some people cope better than others?
- a) They ignore it.
 - b) They talk to others about their stresses.
 - c) They distract themselves by getting more busy.
 - d) They use the 7 stress busters to overcome their stress.

Answers:

1. C or D if it will help you to think more calmly
2. C
3. A, D
4. B
5. D
6. B
7. C
8. B, C
9. A, B
10. B, D