

Chapter 02 - Stress: The Constant Challenge

Chapter 02
Stress: The Constant Challenge

Multiple Choice Questions

1. (p. 51-52) Which of the following statements about sleep disorders is accurate?
- A. In order to be classified as insomnia, major sleep disruptions must occur every night.
 - B. Most sleep apnea sufferers become conscious of each disturbance in their sleep cycle, increasing stress levels.
 - C.** Avoiding chemical stimulants can help reduce the effects of restless leg syndrome.
 - D. Surgical and medical device options are the only ways to improve sleep apnea symptoms.

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Blooms: Understand

Learning Objective: Explain the health-related benefits of sleep and the consequences of disrupted sleep.

Topic: Sleep

2. (p. 29) The term *stressor* refers to
- A. an unpleasant situation that disrupts normal activities of daily life.
 - B.** an event that triggers physical and emotional reactions.
 - C. a physical reaction to fright.
 - D. a return to homeostasis.

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Learning Objective: Explain what stress is.

Topic: What is stress?

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3. (p. 29-30) Which one of the following is a stressor?

- A. a bad grade
- B. sweaty palms
- C. a rapid pulse
- D. high fever

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Learning Objective: Explain what stress is.

Topic: What is stress?

4. (p. 30) Which of the following systems are responsible for your body's physical response to stressors?

- A. cardiovascular and respiratory
- B. nervous and endocrine
- C. digestive and lymph
- D. muscular and skeletal

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5. (p. 31) The autonomic nervous system directly controls all the following EXCEPT the

- A. ability to digest food.
- B. speed of your heart rate.
- C. voluntary muscle movement.
- D. level of your blood pressure.

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6. (p. 31) The parasympathetic branch of the autonomic nervous system
- A. is responsible for mobilizing energy sources for use in a crisis.
 - B. activates the endocrine system.
 - C. is in control when one is frightened or angry.
 - D.** aids in digestion and promoting growth.

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7. (p. 31) The branch of the autonomic nervous system that is activated when a person is agitated by a stressor is the _____ nervous system.
- A. central
 - B. somatic
 - C. parasympathetic
 - D.** sympathetic

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Blooms: Remember

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8. (p. 31) The system of glands, tissues, and cells that helps control body functions by releasing hormones is the
- A. central nervous system.
 - B.** endocrine system.
 - C. reproductive system.
 - D. digestive system.

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9. (p. 31) During the stress response, which of the following changes does NOT occur as a result of cortisol and epinephrine being released?

- A. Hearing and vision become more acute.
- B. Air passages constrict and allow less air into the lungs.**
- C. The liver releases more sugar into the blood.
- D. All of these choices are correct.

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10. (p. 31) Which of the following body reactions is characteristic of the stress response?

- A. Pupils constrict.
- B. Blood pressure increases.**
- C. Body temperature drops.
- D. Heart rate decreases.

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11. (p. 31) All of the following are TRUE regarding the fight-or-flight reaction EXCEPT that

- A. it is particularly well suited to coping with modern life.**
- B. it enables us to quickly escape from possible injury.
- C. it prepares our bodies for action by boosting energy.
- D. it enables our bodies to perceive danger more quickly.

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12. (p. 31) The branch of the autonomic nervous system that slows down the body as it recovers from exposure to a stressor is the _____ nervous system.

- A. central
- B. somatic
- C. parasympathetic**
- D. sympathetic

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13. (p. 31) Homeostasis is the

- A. state of a body experiencing unmanaged stress.
- B. body's condition during the fight-or-flight reaction.
- C. state of the body's normal "housekeeping" functions.**
- D. response of the body to prolonged exposure to stressors.

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14. (p. 33) Which of the following nervous systems would manage the conscious decision to talk to someone who is threatening a physical attack?

- A. autonomic
- B. sympathetic
- C. parasympathetic
- D. somatic**

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15. (p. 33) The sum of one's cognitive, behavioral, and emotional tendencies defines
- A. personality.
 - B. wellness.
 - C. happiness.
 - D. intelligence.

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16. (p. 33) The personality type associated with relaxation and contemplation is
- A. Type A.
 - B. Type B.
 - C. Type C.
 - D. Type D.

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17. (p. 33) An individual with a Type C personality is characterized by
- A. having a greater tolerance of others.
 - B. being contemplative.
 - C. having difficulty expressing emotions.
 - D. being controlling.

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18. (p. 33) A person who suppresses anger, often feels hopeless, and has exaggerated responses to minor stressors has characteristics of which personality type?

- A. Type A
- B. Type B
- C. Type C
- D. Type D

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Blooms: Remember

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Topic: What is stress?

19. (p. 33) Which statement about people with hardy personalities is FALSE?

- A. They view stressors as challenges.
- B. They tend to perceive fewer situations as stressful.
- C. They tend to believe their lives are controlled by outside factors.
- D. They have a commitment to their activities.

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20. (p. 34) One example of a resilient person would be

- A. a low-income student graduating from college.
- B. a fit person completing a marathon.
- C. an intelligent person failing an exam.
- D. a person with a disability going undiagnosed.

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21. (p. 33-34) Which of the following influences the way in which an individual responds to stress?

- A. cultural background
- B. past experiences
- C. personality type
- D.** all of these

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22. (p. 35) Eustress

- A.** is stress triggered by something pleasant but challenging.
- B. is stress triggered by something considered to be a hindrance.
- C. does not trigger the stress response.
- D. is stress triggered by the lack of challenges or stimulations.

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Blooms: Remember

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

23. (p. 35) Mohammed just received an F on his term paper. Which type of stress is he likely to experience?

- A. eustress
- B. burnout
- C.** distress
- D. chronic stress

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Blooms: Understand

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

24. (p. 35) The fight-or-flight reaction occurs during which stage of the general adaptation syndrome?

- A. alarm
- B. resistance
- C. exhaustion
- D. recovery

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Blooms: Remember

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

25. (p. 35) Tom is very anxious about an upcoming exam. He has no appetite, is easily distracted, and has a headache. In what stage of the general adaptation syndrome is Tom?

- A. alarm
- B. acceleration
- C. resistance
- D. exhaustion

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Blooms: Analyze

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

26. (p. 35) During the resistance stage of the general adaptation syndrome, the body

- A. is in a relaxed state.
- B. responds to the activation of the sympathetic nervous system.
- C. readjusts to establish a new level of homeostasis.
- D. can no longer react effectively to normal life situations.

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Topic: Stress and health

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27. (p. 35) General exhaustion results when
- A. the fight-or-flight reaction is resolved.
 - B. stress-related hormones are secreted.
 - C. distress occurs.
 - D.** a stressor persists over a long period.

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Blooms: Remember

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

28. (p. 35) The results of the exhaustion stage of the general adaptation syndrome may include all of the following EXCEPT
- A.** maintenance of homeostasis.
 - B. chronic illness.
 - C. loss of normal body functions.
 - D. depression.

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Blooms: Understand

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

29. (p. 36) The long-term wear and tear of the stress response has been termed
- A. persistent eustress.
 - B. persistent distress.
 - C. maintenance of homeostasis.
 - D.** the allostatic load.

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Blooms: Remember

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

30. (p. 36-37) Psychoneuroimmunology (PNI) is the study of the interaction among all the following systems EXCEPT the _____ system.

- A. nervous
- B. endocrine
- C. immune
- D.** respiratory

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Topic: Stress and health

31. (p. 37) Which one of the following character traits is most closely associated with elevated risk of cardiovascular disease?

- A.** hostility
- B. excitability
- C. lack of purpose
- D. depression

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Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

32. (p. 37) Stress has been found to contribute to which of the following conditions?

- A.** depression
- B. schizophrenia
- C. autism
- D. all of these

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33. (p. 38) Which of the following has been linked to unmanaged stress?

- A. menstrual irregularities
- B. nearsightedness
- C. impacted teeth
- D. glaucoma

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Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

34. (p. 39) Which of the following statements is FALSE regarding stress?

- A. Positive events are significantly less stressful than negative events.
- B. The college years are often very stressful.
- C. Changes in one's life can be significant stressors.
- D. Financial problems are significant stressors.

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Blooms: Understand

Learning Objective: List common sources of stress.

Topic: Common sources of stress

35. (p. 37) About 90 percent of all headaches are

- A. tension headaches.
- B. migraines.
- C. cluster headaches.
- D. sinus headaches.

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Blooms: Remember

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

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36. (p. 38) The majority of migraine sufferers are

- A. men.
- B. women.**
- C. teenagers.
- D. elderly.

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Blooms: Remember

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

37. (p. 39) Which of the following are common sources of stress for most college students?

- A. academics and time management**
- B. children and pets
- C. laundry and dishes
- D. involvements in political causes

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Blooms: Remember

Learning Objective: List common sources of stress.

Topic: Common sources of stress

38. (p. 39) Which of the following circumstances make normal job stresses worse?

- A. being shut out of decision-making**
- B. having a desk job
- C. having a job that requires physical activity
- D. socializing with coworkers

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Learning Objective: List common sources of stress.

Topic: Common sources of stress

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39. (p. 39) Technology can be
- A. a time-saver.
 - B. a source of stress.
 - C. a way to connect more quickly to others.
 - D.** all of these.

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Blooms: Remember

Learning Objective: List common sources of stress.

Topic: Common sources of stress

40. (p. 40) Acts of violence, industrial accidents, and intrusive noises are examples of
- A. college stressors.
 - B. social stressors.
 - C. internal stressors.
 - D.** environmental stressors.

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Blooms: Understand

Learning Objective: List common sources of stress.

Topic: Common sources of stress

41. (p. 40) Unrealistic expectations are a type of _____ stressor.
- A. interpersonal
 - B.** internal
 - C. environmental
 - D. social

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Blooms: Remember

Learning Objective: List common sources of stress.

Topic: Common sources of stress

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42. (p. 41-43) Which of the following would be the LEAST effective strategy for coping with stress?

- A. denying the existence of the stress
- B. exercising regularly
- C. improving time-management skills
- D. maintaining a social support system

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Blooms: Understand

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

43. (p. 41) If you are still emotionally distressed weeks after a tragic event, the most helpful strategy would be to

- A. seek out media coverage of similar events.
- B. stop sharing your feelings with others.
- C. consider seeking professional help.
- D. take a long walk to reduce your anxiety.

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Blooms: Apply

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

44. (p. 42-43) Which of the following statements regarding exercise and stress is FALSE?

- A. Exercise enhances one's sense of general well-being.
- B. Exercise prevents the body from achieving homeostasis.
- C. Exercise reduces anxiety levels.
- D. Exercise expends built-up nervous energy.

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Topic: Managing stress

45. (p. 42) Which of the following statements regarding exercise and stress is TRUE?

- A. A long walk can help increase blood pressure.
- B. A brisk 10-minute walk can relax and energize you up to ten hours.
- C.** Three 45-minute walks per week can increase your sense of wellness.
- D. People who exercise regularly have stronger physical responses to stress.

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Topic: Managing stress

46. (p. 43) People who are experiencing stress should avoid or limit caffeine for all the following reasons EXCEPT that caffeine

- A. is mildly addictive.
- B. is associated with irritability.
- C. might cause sleeplessness.
- D.** acts as a sedative.

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Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

47. (p. 48) All of the following occur in NREM sleep EXCEPT

- A. the release of growth hormone.
- B. a drop in heart rate.
- C. slower and more even brain waves.
- D.** dreams.

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Blooms: Understand

Learning Objective: Explain the health-related benefits of sleep and the consequences of disrupted sleep.

Topic: Sleep

48. (p. 50) Peak concentrations of stress hormones in the bloodstream occur
- A. just before dinner.
 - B. during the mid-day meal.
 - C. just before bedtime.
 - D.** during the final stages of sleep.

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Blooms: Remember

Learning Objective: Explain the health-related benefits of sleep and the consequences of disrupted sleep.

Topic: Sleep

49. (p. 52-53) Which of the following statements about sleep is TRUE?
- A.** Most adults need seven to nine hours of sleep every night to stay healthy.
 - B. The body is completely still and relaxed during REM sleep.
 - C. Drinking alcohol before bedtime improves a person's sleep.
 - D. An increase in total sleep time causes an increase in the level of stress hormones.

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Learning Objective: Explain the health-related benefits of sleep and the consequences of disrupted sleep.

Topic: Sleep

50. (p. 52) If you are bothered by insomnia, you might try
- A.** going to bed and getting up at the same time every day.
 - B. taking several naps during the day.
 - C. exercising just before bedtime to induce fatigue.
 - D. all of these.

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Blooms: Apply

Learning Objective: Explain the health-related benefits of sleep and the consequences of disrupted sleep.

Topic: Sleep

51. (p. 43) A person seeking to overcome procrastination should
- A. avoid thinking about the tasks he or she put off.
 - B. do favorite tasks first to build up momentum.
 - C. consolidate short-term goals into long-term goals.
 - D.** divide tasks into groups that can be prioritized.

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Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

52. (p. 43) Which of the following statements is the most helpful recommendation regarding the prioritization of tasks?
- A. Prioritize according to how long a task has gone unfinished.
 - B.** Divide tasks into three groups, and ignore the least important group.
 - C. Pay some attention to all tasks, even if it is only a few minutes.
 - D. Base priorities on how enjoyable the task is.

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Blooms: Apply

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

53. (p. 43) In terms of time-management strategies, which one of the following is NOT considered helpful for improving efficiency at completing tasks?
- A. aiming for realistic goals
 - B. writing down the goals
 - C.** memorizing the goals
 - D. allowing extra time to achieve goals

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Topic: Managing stress

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54. (p. 43) All of the following are recommended time-management strategies EXCEPT

- A. setting priorities.
- B. breaking down long-term goals into short-term ones.
- C. avoiding unstructured time.**
- D. keeping track of tasks you put off.

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Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

55. (p. 43) Which of the following would NOT be helpful for improving productivity?

- A. Focus on long-term goals only.**
- B. Visualize achievement of your goals.
- C. Delegate responsibility.
- D. Say "no" when necessary.

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Topic: Managing stress

56. (p. 43) Julio likes to watch television to relax, but he often spends more time doing so than he intends. Now he has a big paper to write that is due tomorrow. How should he handle his television watching?

- A. Limit his television break to 5-10 minutes.
- B. Avoid turning on the television.**
- C. Watch just a few shows when he needs a break.
- D. Surf the Internet for a few minutes instead.

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Blooms: Apply

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

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57. (p. 44-46) Which one of the following is a cognitive technique for stress management?

- A. progressive relaxation
- B. limiting mental problem-solving
- C. cultivating higher expectations
- D.** thinking constructively

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Blooms: Remember

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

58. (p. 44-46) Which one of the following is NOT a cognitive technique for stress management?

- A. solving problems
- B. modifying expectations
- C. maintaining positivity
- D.** using visualization

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Topic: Managing stress

59. (p. 46) Laughter does all of the following EXCEPT

- A. aid digestion.
- B. release endorphins.
- C. ease pain.
- D.** increase blood pressure.

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Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

60. (p. 46) Laughter may be the best medicine for stress because after a good laugh your
- A. heart rate is increased.
 - B. muscles are relaxed.**
 - C. blood pressure is increased.
 - D. brain suppresses endorphins.

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Topic: Managing stress

61. (p. 44-46) Philip is attempting to deal with his stress. Which of the following would NOT be helpful?
- A. thinking and acting constructively
 - B. modifying his expectations to achievable levels
 - C. trying to remember as much information as possible**
 - D. being present in each moment

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Topic: Managing stress

62. (p. 49) Which of the following statements about the body's circadian rhythm is accurate?
- A. Exposure to light in the late evening can strengthen the circadian rhythm.
 - B. Exercise is the strongest "time-giver" associated with the circadian rhythm.
 - C. Every cell in the body has a sleep-wake cycle.**
 - D. People can train their bodies and brains so that light does not affect their circadian rhythm.

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Topic: Sleep

63. (p. 45) Carey would like to use meditation to help her manage her stress. Using this technique is likely to help her

- A. reduce the mind chatter that can exacerbate stress.
- B. rehearse upcoming events so that stress in her life will be reduced.
- C. analyze the stressors in her life more effectively.
- D. visualize the tasks that need to be completed in a more efficient way.

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Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

64. (p. 46) Which of the following stress management techniques emphasizes the use of breathing, stretching, muscle strength, and balance?

- A. meditation
- B. hatha yoga
- C. qigong
- D. tai chi

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Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

65. (p. 46) Tai chi can be an effective stress reducer, as it

- A. teaches students to remain calm and centered.
- B. is an excellent cardiovascular workout.
- C. aids the student in working against various stressors.
- D. is easily self-taught.

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Topic: Managing stress

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66. (p. 36) Biofeedback helps people reduce stress by
- A. removing the internal and external stressors in their lives.
 - B. cleansing the body of toxins.
 - C. increasing their muscle strength and flexibility.
 - D.** making them more aware of their physiological functions.

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Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

67. (p. 47) All of these are considered counterproductive coping strategies EXCEPT
- A. tobacco use.
 - B. drug abuse.
 - C.** multivitamin use.
 - D. alcohol use.

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Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

68. (p. 47-48) The first step in creating a personal plan for managing stress is to
- A. design your plan.
 - B.** become aware of your body's stress response.
 - C. seek professional help.
 - D. investigate support groups.

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Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

69. (p. 48) Support groups are typically organized around particular
- A. issues or problems.
 - B. cognitive techniques.
 - C. relaxation techniques.
 - D. methods of time management.

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Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

Sue has been attending college for about a month. During the past week, she has had trouble sleeping, experienced headaches, and had difficulty concentrating, especially when she has an upcoming exam.

70. (p. 39) Sue most likely is experiencing
- A. time pressures.
 - B. academic stress.
 - C. interpersonal stress.
 - D. financial concerns.

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Blooms: Understand

Learning Objective: List common sources of stress.

Topic: Common sources of stress

71. (p. 52) A lack of sleep can be both a cause and an effect of stress. In order to overcome insomnia, Sue should consider
- A. taking a nap when she feels tired.
 - B. exercising just before going to bed to release stress.
 - C. using her bed only for sleeping, not for studying.
 - D. sleeping in on weekends.

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Blooms: Apply

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Topic: Sleep

72. (p. 43-46) Which of the following strategies would NOT help alleviate Sue's symptoms?

- A.** learning to relinquish control
- B. practicing affirmation
- C. joining a social group
- D. adopting a yoga practice

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Topic: Managing stress

True / False Questions

73. (p. 29) The stress response in human being is triggered by a physical or psychological event called a stressor.

TRUE

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74. (p. 29-30) Stress responses are primarily emotional reactions.

FALSE

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75. (p. 31) Endorphins are body-produced chemicals that relieve pain in case of injury.

TRUE

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76. (p. 32) The physical responses to a stressor are remarkably consistent from person to person.

FALSE

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77. (p. 33) If an individual perceives that he or she cannot cope with a situation, that situation will most likely produce a stress response.

TRUE

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78. (p. 33) Type B personalities tend to be schedule driven, competitive, and even hostile.

FALSE

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79. (p. 33) Beth has enrolled in the most difficult course of her college career. Her friend wants to drop the class, but Beth views it as an opportunity for growth. Beth has the trait of hardiness.

TRUE

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80. (p. 34) The three basic types of resiliency center on how individuals respond to stress.

TRUE

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81. (p. 35) The general adaptation syndrome is believed to be a universal and predictable response pattern to all stressors.

TRUE

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82. (p. 34) The more intense an emotional response to a stressor, the stronger the physical response will be.

TRUE

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Learning Objective: Explain what stress is.

Topic: What is stress?

83. (p. 35) Being promoted to a longed-for but challenging job is an example of an event likely to cause distress rather than eustress.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

Chapter 02 - Stress: The Constant Challenge

84. (p. 35) The resistance state of the general adaptation syndrome is characterized by symptoms such as distorted perceptions and disorganized thinking.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

85. (p. 34) Women and men experience stress differently.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: Explain what stress is.

Topic: What is stress?

86. (p. 37) In general, increased levels of cortisol are linked to a decreased function of the immune system.

TRUE

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

87. (p. 37) There is no link between cardiovascular disease and stress.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

88. (p. 37) People with more stress tend to have more colds.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

89. (p. 39) Daily hassles such as misplacing your car keys are often greater sources of stress than major life changes.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: List common sources of stress.

Topic: Common sources of stress

90. (p. 39-40) Continuous, loud background music is an example of a social stressor.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: List common sources of stress.

Topic: Common sources of stress

91. (p. 42) Studies have shown that married people live longer than single people (including those who are divorced, widowed, or never married).

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

Chapter 02 - Stress: The Constant Challenge

92. (p. 43) Regular physical activity trains your body to return to homeostasis more quickly after a stressful situation.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

93. (p. 43) Smiling can produce changes in the autonomic nervous system.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

94. (p. 47) Alcohol use is a counterproductive coping strategy.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

95. (p. 47) Research supports the regular use of marijuana as an effective stress management technique.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

Essay Questions

Chapter 02 - Stress: The Constant Challenge

96. (p. 35) Describe the three stages of the general adaptation syndrome, and give examples of someone experiencing each one.

Answers will vary.

Blooms: Understand

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

97. (p. 44-45) Explain how overcommitment, procrastination, and boredom negatively impact time management. Identify and explain at least two strategies for dealing with each of these issues and managing time more effectively.

Answers will vary.

Blooms: Analyze

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

98. (p. 37-38) Describe how stress levels can affect the immune system, and give three examples of stress-related health problems that could result from changes in immune system functioning.

Answers will vary.

Blooms: Understand

Learning Objective: Describe the relationship between stress and health.

Topic: Stress and health

99. (p. 39-40) List your top three stressors. Detail a plan to lessen each of these stressors using the methods detailed in this chapter.

Answers will vary.

Blooms: Apply

Learning Objective: List common sources of stress.

Topic: Common sources of stress

Chapter 02 - Stress: The Constant Challenge

100. (p. 44-46) Carrie constantly finds herself worrying about events that have not happened yet. As a result, she has trouble sleeping and experiences frequent headaches. Describe six cognitive techniques that she could use to help her cope with the stressors that greatly impact her life. Discuss the benefits of each technique, and explain why you have chosen each one.

Answers will vary.

Blooms: Apply

Learning Objective: Describe and apply techniques for managing stress.

Topic: Managing stress

101. (p. 39-48) Select a common college stressor, and describe how it might affect your stress levels. Then choose and explain three possible stress management techniques that you think would be particularly useful for coping with the stressor.

Answers will vary.

Blooms: Apply

Learning Objective: Describe and apply techniques for managing stress.

Learning Objective: List common sources of stress.

Topic: Common sources of stress

Topic: Managing stress

102. (p. 40-48) Consider your living environment (school, work, or home). List three environmental factors that could increase your stress levels. How can you make each factor less stressful?

Answers will vary.

Blooms: Apply

Learning Objective: Describe and apply techniques for managing stress.

Learning Objective: List common sources of stress.

Topic: Common sources of stress

Topic: Managing stress