

Please complete the following quiz by selecting the most accurate response/answer to the statements and questions below:

1. Whether a situation is a “stressor” depends on a person’s own perception.  
True      False

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2. Hyperarousal of the limbic system’s “fight or flight” response can result in chronic stress.  
True      False

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3. Identify the psychological or emotional symptoms of chronic stress (mark all that apply):
  - a. Memory problems
  - b. Inability to concentrate
  - c. Making astute judgment calls
  - d. Seeing only the negative
  - e. Anxious or racing thoughts

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4. Which of the following are physical symptoms of stress? (Mark all that apply.)
  - a. Hyperactivity or excess energy
  - b. Aches and pains
  - c. Diarrhea or constipation
  - d. Chest pain, rapid heartbeat
  - e. Loss of sex drive

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5. Which of the following are behavioral symptoms of stress? (Mark all that apply.)
  - a. Eating more or less
  - b. Sleeping too much or too little
  - c. Procrastinating or neglecting responsibilities
  - d. Using alcohol, cigarettes or drugs to relax
  - e. Getting up early to exercise

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6. Which of the following are symptoms of depression? (Mark all that apply.)
  - a. High energy and motivation
  - b. Feelings of worthlessness, hopelessness and/or pessimism
  - c. Irritability, restlessness, or being slowed down
  - d. Trouble sleeping or sleeping too much
  - e. Thoughts about suicide or dying

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7. Which of the following are symptoms of anxiety? (Mark all that apply.)
  - a. Always feeling angry and lacking patience
  - b. Dramatic mood swings (emotional flipping)
  - c. Feel like crying for no apparent reason
  - d. Underlying anxiety, apprehension or fear
  - e. You feel like you are under pressure all the time

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8. Working excessively can be a symptom of a negative coping mechanism for stress.  
True      False

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9. People in denial will not be angry or resentful if you try to talk to them about negative coping mechanisms.  
True      False

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10. Reliance on alcohol for stress relief, if taken to extremes, can result in alcoholism.  
True      False

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11. Reacting to stressors immediately will reduce your levels of chronic stress.  
True      False

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12. Procrastination is a good way to reduce your stress level as you put off troublesome tasks to a later date.  
True      False

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13. Exercise is beneficial for reducing stress as your body releases endorphins, which trigger positive feelings in the body.  
True      False

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14. Meditation is helpful in controlling your stress and developing more control over your thoughts.  
True      False

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15. Chronic stress will have no effect on you if you just ignore it.  
True      False

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16. Volunteering to help someone is one positive way to deal with stress.  
True      False

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17. Staying up all night to work is a good way to deal with stress.  
True      False

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18. Do you know of any attorneys who have had serious personal or professional problems from alcohol abuse?  
Yes      No

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19. Talking to a mental health professional can help you with dealing with chronic stress.  
True      False

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20. Seeking assistance from a medical professional can provide assistance with anxiety and depression, as there are medications available to help with those symptoms.  
True      False

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- 2) Answer the quiz questions on page 17. Each question has only one correct answer.
- 3) Send completed quiz along with this form and \$45 processing fee.

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