

SM 610 - Effective Stress Management

Exam Instructions.

Thank you for enrolling into SM 610 - Effective Stress Management. This is your online examination. Please follow these instructions:

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

If you have any questions, please contact us at: info@aihcp.org

Full Name:

Email:

AH Number:

1. All the following are true about intense meditation and focused attention meditation, except;

- A) Enhances sensory experiences
- B) You may focus on your breathing
- C) Lowers serotonin levels
- D) Creates heightened visual imagery

2. Melatonin is a hormone that promotes sleep and is naturally produced by the body.

- A) True
- B) False

3. Stress resilience is your ability to do all, except;

- A) Identify your limitations
- B) Accept them
- C) Face challenges
- D) Keep going thru the stressors

4. All the following are examples of stress avoiders, except;

- A) The appeaser
- B) The sad sack
- C) The balancer

D) The procrastinator

5. A National health Interview Survey shows that ___% of the American public experiences some stress at least once every two weeks.

A) 50

B) 25

C) 90

D) 75

6. Stress hardiness is the mindset of people who view stressful circumstances as an opportunity, instead of a problem, that allows them to overcome and grow from pressure without avoiding or caving into them.

A) True

B) False

7. Psychologist John Gottman pinpointed 4 red flags that indicate stress is driving a relationship south and breakup is imminent, which one does not apply?

A) Withdrawal

B) Verbal trespassing

C) Defensiveness

D) Criticism

8. Stress and addiction go hand-in-hand.

A) True

B) False

9. According to researchers at the Group Health Research Institute, listening to soothing music while breathing deeply is just as beneficial as a _____ for reducing stress.

A) Hot shower

B) Petting a dog

C) Warm cup of milk

D) Massage

10. The relaxation response. (Which does not apply?)

A) Calms your mind

B) Lowers heart rate

C) Induces fight or flight

D) Is a physical state

11. Post Traumatic Stress Disorder (PTSD) is an extreme form of stress brought about by a life threatening event such as combat, a natural disaster, violent crime, serious accident and physical or sexual abuse.

- A) True
- B) False

12. If you get caught in a mind trap, you should;

- A) Act instead of react
- B) React instead of act
- C) Embrace the irrational thought pattern
- D) Not identify the trap you've fallen into

13. Endorphins are brain chemicals known as neurotransmitters that act like your body's natural pain killers and stress fighter and induces _____ felling.

- A) Positive
- B) Negative
- C) Stressful
- D) Peaceful

14. Meditation is the practice of quieting your mind by directing your attention toward a focal point such as your breath.

- A) True
- B) False

15. Burnout is a state of physical and mental exhaustion over disappointment brought about by prolonged stress and dedication to a job, a cause, a way of life, or a relationship that failed to produce the expected outcome.

- A) True
- B) False

16. All of the following are types of stress, except;

- A) Acute stress
- B) High risk stress
- C) Chronic stress
- D) Minor stress

17. Studies of trauma survivors show that adversity can have the following benefits: Which does not apply?

- A) Takes them deeper into their stressors
- B) Brings new meaning to their life

- C) Helps them see themselves stronger than they thought
- D) Deepens the closeness they feel to themselves and others

18. All the following are healthy strategies for managing stress, except;

- A) Check your attitude
- B) Focus on what you can control
- C) Keep your tensions isolated to yourself
- D) Step out of your stress rut

19. Studies show when people have setbacks, wither they are trying to taper off stress eating or staying on an exercise plan, accepting exactly where they are without criticizing themselves makes them more likely to succeed.

- A) True
- B) False

20. Work stress is the pressure you feel when job demands, such as hours or responsibility, outweigh your ability to manage them.

- A) True
- B) False

21. The Acronym OHIO (Only Handle It Once) is?

- A) A meditation mantra
- B) A time saving tool to help you de clutter
- C) A deep breathing technique
- D) A technique to help you fall asleep

22. Meditation has all the following benefits, except

- A) Sharpens alertness and ability to focus
- B) Increases gray matter in the brain
- C) Decreases your ability to empathize
- D) Provides re-newed outlook

23. Emotional reactions come from the limbic system, sometimes called the prefrontal cortex

- A) True
- B) False

24. Dr. Jon Kabat-Zinn developed a _____ program.

- A) Cognitive awareness
- B) Stress management

- C) EMDR
- D) MBSR

25. Mantra means "a tool of thought"... and you use a special image, word or sound that is used in meditation as a point of focus.

- A) True
- B) False

26. Eustress is the term for ____ stress.

- A) A decrease in
- B) Good
- C) Bad
- D) An increase in

27. Equanimity is (all of the following except);

- A) A heightened reaction to stress
- B) A meditation term
- C) A stressful state
- D) An inner feeling of connection

28. Thomas Holmes & Richard Rahe identified 30 life events that contribute to illness.

- A) True
- B) False

29. Job burnout is the physical and emotional exhaustion created by prolonged work stress. It can show up as all of the following except;

- A) Anxiety
- B) Depression
- C) Increase in energy level
- D) Negative job attitude

30. Cortisol is a stress hormone secreted by the autonomic nervous system that regulates blood pressure and energy for your body.

- A) True
- B) False

31. The trifecta of stress reduction includes all of the following, except;

- A) Adequate sleep
- B) Healthy eating habits

- C) Regular exercise
- D) Meaningful employment

32. When stress overtakes you, the acronym HALT is a gentle reminder for you to stop and breathe deeply. Which one does not belong?

- A) Hungry
- B) Aggravated
- C) Lonely
- D) Tired

33. Stress comes from a variety of sources that can be divided roughly into two categories: Personal stressors and environmental stressors.

- A) True
- B) False

34. Positive affirmations are (which does not apply?)

- A) Positive
- B) Present tense
- C) Reflect an emotional, mental or physical state
- D) Something you totally believe

35. Neutralize stress with mindfulness practices by taking 4 actions. Which of the following is not one of the actions?

- A) Accept without judgment whatever arises down the road
- B) Be attuned to yourself and surroundings
- C) Keep your focus in the present moment
- D) Move at a steady and calm pace

36. All of the following are advantages to keeping a stress journal, except;

- A) Availability
- B) Insight
- C) Reduces stress related illness
- D) Release

37. Our greatest weapon against stress is our ability to choose one emotion over another.

- A) True
- B) False

- 38.** When you feel like your crashing from job pressure, try the following tips, except for;
- A) Be mindful of your surrounding
 - B) Give your work station a make over
 - C) Increase your overtime by working longer and smarter
 - D) Stay fit outside the office
 - E) None of the above
- 39.** Oxytocin is a stress reducing hormone secreted by the _____ when your threatened, dampens the cortisol-induced fight-or-flight response and evoking a calm and relaxed mood.
- A) Hippocampus
 - B) Hypothalamus
 - C) Limbic system
 - D) Pre frontal cortex
- 40.** A good way to become familiar with your stress pattern is to start a stress journal. Studies show that writing out stressful experience has positive physiological payoffs. All are examples except;
- A) Enhanced immune system
 - B) Insight into your stress triggers
 - C) Mental release of past disturbing events
 - D) Reduction in severity of illness
- 41.** Compassion fatigue or compassion burnout is physical exhaustion and a depletion of emotional energy brought on by the stress of caring for and helping others at the expense of taking care of yourself.
- A) True
 - B) False
- 42.** Addictive behaviors fall into 3 categories?
- A) True
 - B) False
- 43.** Wanting what you have instead of having what you want creates more _____?
- A) Life satisfaction
 - B) Self-acceptance
 - C) Stress free living
 - D) Worry

- 44.** Fight-or-flight response is your nervous system's automatic chemical reaction to stress so that you can fight off or run away from threatening situations
- A) True
 - B) False
- 45.** One of the biggest health stressors is
- A) Eating too much
 - B) Sitting too much
 - C) Sleeping too much
 - D) Smoking too much
- 46.** One of the quickest and easiest ways to drain tension is thru a practice called
- A) Abdominal breathing
 - B) HALT
 - C) Progressive muscle relaxation
 - D) Stretching
- 47.** Benjamin Franklin said "While we may not be able to control all that happens inside us, we can control what happens to us."
- A) True
 - B) False
- 48.** The following are all spokes of life, except;
- A) Family
 - B) Play
 - C) Self
 - D) Work
- 49.** Your stress level is a consequence of the situation you're in combined with the view you take of it.
- A) True
 - B) False
- 50.** Scientists say that just ____ minutes of exercise a day can help with stress and prevent heart disease.
- A) 15
 - B) 5
 - C) 30
 - D) 20

- 51.** Imago is the unconscious blueprint you carry from childhood that guides the kind of mate you'll be attracted to in your adult intimate relationships.
- A) True
 - B) False
- 52.** Self _____ is the kind, supportive treatment you give yourself each step of the way during personal short comings, challenges and setbacks.
- A) Assurance
 - B) Compassion
 - C) Confidence
 - D) Esteem
- 53.** Catharsis is (which one does not apply?)
- A) Finding an outlet for your pent up feelings
 - B) Mental release of past troubling events
 - C) Purging your thoughts and feelings
 - D) Holding in emotional tension
- 54.** Dynamic stretches are all the following except;
- A) Controlled movements of joints
 - B) Focus on specific muscles
 - C) Raising your arms over your head and lowering them back down
 - D) Slow
- 55.** Love language is the unique way in which you send expressions of love from your intimate partner.
- A) True
 - B) False
- 56.** Power naps are great stress busters. All of these are benefits, except;
- A) Elevates mood
 - B) Increases productivity
 - C) Increases the level of cortisol in your blood
 - D) Improves brain function
- 57.** Experts estimate that 75 % of overeating is caused by stress related emotional states.
- A) True
 - B) False

58. Restorative rest is a state of being similar to a relaxing sleep.

- A) True
- B) False

59. Statistics show that an average optimists live ____ years longer than pessimists.

- A) 6
- B) 6.5
- C) 7.5
- D) 8

60. When massaged into your skin, essential oils travel through the bloodstream to do all the following except;

- A) Enhance mood
- B) Improve mental functioning
- C) Increase your risk of contracting colds and flu
- D) Relieve pain

61. Studies show that adults who take high doses of B-complex supplements for 3 months are less subject to stress and perform higher on mental tests than those not taking supplements.

- A) True
- B) False

62. The father of stress is _____?

- A) Barry Lenson
- B) Hans Selye
- C) Thich Nhat Hanh
- D) Thomas Holmes

63. Stress symptoms show up in people in different ways. You might have physical, stress, social stress, mental stress and financial stress.

- A) True
- B) False

64. Mindfulness is the ability to pay compassionate, nonjudgmental attention to what you're thinking and feeling and to what's happening around you in the present moment.

- A) True
- B) False

65. Flavonoids, sometimes called vitamin P, are antioxidants found in certain plants, except;

- A) Blueberries
- B) Pears
- C) Peppers
- D) None of the Above

66. Your ANS is composed of two part;

- A) SNS & PNS
- B) SNS & Amygdala
- C) Neurons & Hippocampus
- D) PNS & Insula

67. Mindfulness meditation improves your ability to react instead of act under stress.

- A) True
- B) False

68. Start with _____, to computer your stress age.

- A) Answering yes or no to questions about your stress
- B) Your actual age
- C) The age you feel
- D) The age you want to be

69. Dr. Herbert Benson calls restorative rest, the _____.

- A) Eustress
- B) Flight-or-fight
- C) Equanimity
- D) Relaxation Technique

70. Think of stress as a _____ trying to protect you.

- A) Sword
- B) Friend
- C) Shield
- D) Family member

71. Counting your breaths add the extra dimension of concentration. This concentration introduced you to important aspects of meditation. Which one is not a benefit of breathing technique?

- A) Allowing intrusive thoughts
- B) Centering yourself

- C) Focusing on your breath
- D) Relaxing

72. People with stress hardiness are immune to stress.

- A) True
- B) False

73. Everyone has a predominant style of coping with stress. The following are all stress coping styles, except;

- A) The perfectionist
- B) The crisis junkie
- C) Stress vigilantes
- D) The careaholic

74. Which one is not a type of stress?

- A) Acute
- B) Chronic
- C) Minor
- D) Prolonged

75. Albert Ellis developed the A,B,C cycle to help you get a handle on how your irrational mind creates stress. All apply except;

- A) Anticipating
- B) Belief
- C) Activating event
- D) Consequence

