

SAFETY MEETING QUIZ

Name:

Date:

Safety Topic: V1-81 Health – Stress Management

1. During and after a disaster or traumatic disruption of daily life it is common for everyone to react to stress in a similar way.
 - a. True
 - b. False

2. Common symptoms of stress might include
 - a. feelings of calm and happiness.
 - b. more energy and focus throughout the day.
 - c. feeling uncertain, nervous, or anxious.
 - d. improvement in sleep habits.

3. Common work-related factors that can add to stress include
 - a. taking care of personal and family needs while working.
 - b. uncertainty about the future of your employment.
 - c. adapting to a different workspace or work schedule.
 - d. all of the above.

4. To build resilience and manage job stress it would be a good idea to
 - a. avoid talking to your co-workers about job stress.
 - b. keep a regular sleep schedule and eat healthy, well-balanced meals.
 - c. spend all of your free time indoors.
 - d. limit your work breaks so you don't have time to think about the stress.

5. Increase your sense of control by
 - a. developing a consistent daily routine.
 - b. ignoring your feelings.
 - c. not taking any breaks from work.
 - d. exercising less and eating more.



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ANSWER KEY

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