

Stress Management Training Practice Test Questions and Answers

1. What is the first step in effective stress management?

- A) Avoiding all stressful situations
- B) Identifying personal stress triggers
- C) Taking medication for anxiety
- D) Increasing workload to build tolerance

2. Which technique is most effective for immediate stress relief?

- A) Deep breathing exercises
- B) Planning next week's schedule
- C) Drinking caffeine
- D) Working longer hours

3. What does the "fight-or-flight" response refer to in stress management?

- A) A conflict resolution strategy
- B) The body's natural response to perceived threats
- C) A time management technique
- D) A communication style

4. Which long-term strategy is most beneficial for stress reduction?

- A) Avoiding all challenging situations
- B) Regular exercise and healthy lifestyle habits
- C) Increasing social isolation
- D) Working without breaks

Answers: 1-B 2-A 3-B 4-B

For More Stress Management Training Questions and Answers FREE, Stress Management Training Online Prep Training, Stress Management Training Exam, Stress Management Training Study Guide, Stress Management Training Flashcards, Stress Management Training Quizzes visit:

Stress Management Training Practice Test

Practice Test Geeks © All Rights Reserved