

1. What is stress?
 - d. A biological term for the body's response to demands or threats in the environment.
2. What are the two hormones involved in stress response?
 - c. Cortisol and Adrenaline.
3. Which two of the following four items are symptoms of stress (select both that apply)?
 - a. Headaches and migraine headaches.
 - c. Stomachaches and fatigue.
4. What are two job stressors for people working with individuals with autism?
 - b. Role boundary issues and work overload.
5. What is burnout?
 - b. The result of excessive stress over long periods of time.
6. What are the three dimensions of burnout?
 - b. Challenging behaviors, emotional exhaustion, and maladaptive coping methods.