

1. What is coping?
  - b. Working on learning to manage a problem and the related stress.
2. Which of the following is an independent way to identify stress?
  - a. Look for physical triggers that indicate you are feeling stressed.
3. The four steps of a problem-solving approach include (select all that apply):
  - a. Identify the situation that is causing stress.
  - b. Brainstorm potential solutions to the problem.
  - d. Consider the positives and negatives to each solution.
  - e. Select the solution that seems to best resolve the problem.
4. Which of the following 3 items are benefits of positive thinking (select all that apply)?
  - b. Decreased levels of stress.
  - c. A greater sense of personal well-being.
  - e. Better use of coping skills.
5. What is time management?
  - d. A way to set goals, organize and use time efficiently, and decrease levels of stress.