Reset Form

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Coping with Stress During the Holidays Quiz

Name: _____

Dept: _____

(Circle or fill in the correct answer)

1. Being exhausted increases your stress. **True** **False**
2. Name 1 common holiday stress trigger. _____
3. When stress reaches its peak you should stop and regroup.
   True **False**
4. Name 2 tips to help fight holiday stress.
   _____ _____
5. When someone close to you has recently died or you can't be near your loved ones during the holidays, it's normal to feel sadness and grief. **True** **False**
6. Holidays are not a time to try and stick to a budget.
   True **False**
7. Food overindulgence during the holidays adds to your stress and guilt. **True** **False**
8. Name 1 quick tip to help avoid overindulgence.
   _____
9. Spending even ____ minutes alone can help refresh you enough to handle everything you need to do!