| SAFETY MEETING QUIZ |
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| | 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.
   1. True
   2. False
2. Common symptoms of stress might include
   1. feelings of calm and happiness.
   2. more energy and focus throughout the day.
   3. feeling uncertain, nervous, or anxious.
   4. improvement in sleep habits.
3. Common work-related factors that can add to stress include
   1. taking care of personal and family needs while working.
   2. uncertainty about the future of your employment.
   3. adapting to a different workspace or work schedule.
   4. all of the above.
4. To build resilience and manage job stress it would be a good idea to
   1. avoid talking to your co-workers about job stress.
   2. keep a regular sleep schedule and eat healthy, well-balanced meals.
   3. spend all of your free time indoors.
   4. limit your work breaks so you don’t have time to think about the stress.
5. Increase your sense of control by
   1. developing a consistent daily routine.
   2. ignoring your feelings.
   3. not taking any breaks from work.
   4. exercising less and eating more.

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| | ANSWER KEY | | | --- | --- | | Safety Topic: | *V1-81 Health – Stress Management* | |

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