

100-Question Multiple-Choice Quiz About Stress

1. What is stress?

- A. A type of sleep disorder
- B. The body's response to demands or challenges
- C. A contagious illness
- D. A nutritional deficiency

2. Which hormone is commonly called the "stress hormone"?

- A. Insulin
- B. Estrogen
- C. Cortisol
- D. Melatonin

3. What is a common physical symptom of stress?

- A. Improved eyesight
- B. Muscle tension
- C. Faster hair growth
- D. Lower heart rate

4. Which part of the nervous system activates the "fight-or-flight" response?

- A. Digestive system
- B. Sympathetic nervous system
- C. Immune system
- D. Skeletal system

5. Which of the following is an emotional sign of stress?

- A. Calmness
- B. Irritability
- C. Increased balance
- D. Better memory

6. What type of stress is short-term and sometimes helpful?

- A. Chronic stress
- B. Acute stress
- C. Toxic stress
- D. Secondary stress

7. Which activity can help reduce stress?

- A. Regular exercise
- B. Skipping meals
- C. Avoiding sleep
- D. Excessive caffeine intake

8. Chronic stress lasts for:

- A. A few seconds only
- B. A short moment
- C. A long period of time
- D. One day exactly

- A. Skin
- B. Heart
- C. Toenails
- D. Teeth

10. Which relaxation method involves slow, deep breathing?

- A. Speed reading
- B. Deep breathing exercises
- C. Loud music
- D. Video gaming all night

11. What is a common mental symptom of stress?

- A. Better concentration at all times
- B. Confusion or difficulty focusing
- C. Improved memory automatically
- D. Perfect decision-making

12. Which of the following can trigger stress?

- A. Work deadlines
- B. Financial problems
- C. Major life changes
- D. All of the above

13. What does the "fight-or-flight" response prepare the body to do?

- A. Sleep deeply
- B. Digest food slowly
- C. React quickly to danger
- D. Lower energy levels

14. Which habit may increase stress levels?

- A. Healthy sleep
- B. Time management
- C. Procrastination
- D. Meditation

15. Which chemical is associated with feeling good and reducing stress?

- A. Endorphins
- B. Acid
- C. Cholesterol
- D. Calcium

16. Stress can affect sleep by causing:

- A. Insomnia
- B. Faster dreaming only
- C. Perfect rest every night
- D. Instant sleep

17. Which of the following is a healthy coping strategy?

- A. Substance abuse
- B. Talking to a trusted friend
- C. Ignoring problems forever
- D. Overeating constantly

18. Which profession often studies stress and behavior?

- A. Psychologist
- B. Carpenter
- C. Chef
- D. Pilot

19. Long-term stress may weaken the:

- A. Immune system
- B. Fingernails
- C. Shoe size
- D. Hair color

20. Meditation helps reduce stress by:

- A. Increasing panic
- B. Calming the mind and body
- C. Raising blood pressure
- D. Preventing sleep

21. Which is a common workplace stressor?

- A. Unrealistic deadlines
- B. Comfortable seating
- C. Paid vacations
- D. Friendly coworkers only

22. Stress may cause headaches because of:

- A. Muscle tension
- B. Stronger bones
- C. Better eyesight
- D. Low gravity

23. Which food habit can worsen stress symptoms?

- A. Balanced meals
- B. Drinking enough water
- C. Excess sugar consumption
- D. Eating vegetables

24. What is burnout?

- A. A type of exercise
- B. Extreme emotional and physical exhaustion
- C. A healthy coping skill
- D. A sleep cycle

25. Which age group can experience stress?

- A. Adults only
- B. Teenagers only
- C. Elderly people only
- D. People of all ages

26. Which body system helps release stress hormones?

- A. Endocrine system
- B. Digestive system
- C. Skeletal system
- D. Respiratory system

27. What is one benefit of proper time management?

- A. Increased confusion
- B. Reduced stress
- C. Poor organization
- D. Less productivity

28. Which of the following is a stress-related behavior?

- A. Nail biting

- B. Reading calmly
- C. Stretching lightly
- D. Drinking water

29. Which stress management technique focuses on present awareness?

- A. Multitasking
- B. Mindfulness
- C. Avoidance
- D. Complaining

30. Stress can contribute to high:

- A. Blood pressure
- B. Shoe size
- C. Hair length
- D. Vision quality

31. Which is a social source of stress?

- A. Conflict with friends
- B. Drinking water
- C. Reading books
- D. Gardening

32. What is resilience?

- A. Avoiding all problems
- B. The ability to recover from challenges
- C. Never feeling emotions
- D. Ignoring stress permanently

33. Which activity is linked to lower stress?

- A. Spending time in nature
- B. Constant worrying
- C. Sleep deprivation
- D. Excessive multitasking

34. Which hormone increases during the fight-or-flight response?

- A. Adrenaline
- B. Melatonin
- C. Vitamin D
- D. Calcium

35. What is a cognitive effect of stress?

- A. Difficulty remembering information
- B. Improved hearing
- C. Faster hair growth
- D. Better taste perception

36. Which of these can help relieve stress?

- A. Hobbies
- B. Ignoring emotions completely
- C. Staying isolated constantly
- D. Overworking daily

37. What is one common sign of academic stress?

- A. Trouble concentrating on schoolwork
- B. Better memory instantly
- C. Less homework
- D. Automatic high grades

38. Which drink may increase anxiety and stress if consumed excessively?

- A. Water
- B. Herbal tea
- C. Caffeinated beverages
- D. Milk

39. What does stress management aim to do?

- A. Eliminate all responsibilities
- B. Improve coping and well-being
- C. Increase panic
- D. Remove all emotions

40. Which profession may help treat severe stress?

- A. Mental health counselor
- B. Mechanic
- C. Electrician
- D. Baker

41. Which body reaction commonly occurs during stress?

- A. Sweating
- B. Slower heartbeat only
- C. Reduced alertness
- D. Lower breathing rate always

42. Which type of stress can result from traumatic events?

- A. Eustress
- B. Traumatic stress
- C. Positive stress
- D. Nutritional stress

43. What is eustress?

- A. Harmful long-term stress
- B. Positive, motivating stress
- C. Stress from illness only
- D. Stress caused by boredom

44. Which sleep habit helps reduce stress?

- A. Keeping a consistent sleep schedule
- B. Staying awake all night
- C. Drinking energy drinks before bed
- D. Using screens constantly in bed

45. Which coping method involves organizing tasks by importance?

- A. Prioritization
- B. Panic
- C. Avoidance
- D. Isolation

46. Stress may affect digestion by causing:

- A. Stomachaches
- B. Stronger teeth
- C. Better hearing
- D. Faster reflexes only

47. Which relaxation technique involves tightening and relaxing muscles?

- A. Progressive muscle relaxation
- B. Sprinting
- C. Overeating
- D. Multitasking

48. Which life event may cause stress?

- A. Moving to a new city
- B. Changing schools
- C. Starting a new job
- D. All of the above

49. Which habit supports emotional well-being?

- A. Sharing feelings appropriately
- B. Suppressing every emotion
- C. Avoiding everyone permanently
- D. Ignoring personal needs

50. What is one common symptom of chronic stress?

- A. Persistent fatigue
- B. Constant excitement
- C. Improved memory only
- D. Perfect sleep

51. Which activity can improve resilience?

- A. Problem-solving practice
- B. Giving up immediately
- C. Avoiding all responsibility
- D. Ignoring challenges

52. Which breathing style is often recommended for stress relief?

- A. Rapid shallow breathing
- B. Slow diaphragmatic breathing
- C. Holding the breath constantly
- D. Irregular breathing

53. Which factor may increase workplace stress?

- A. Lack of support
- B. Clear communication
- C. Reasonable schedules
- D. Fair expectations

54. What is one psychological effect of stress?

- A. Anxiety
- B. Improved balance
- C. Stronger nails
- D. Better eyesight

55. Which activity combines movement and mindfulness?

- A. Yoga
- B. Watching stressful news constantly
- C. Skipping sleep
- D. Arguing online

56. Which hormone helps regulate sleep and may be affected by stress?

- A. Melatonin
- B. Iron
- C. Sodium
- D. Protein

57. Which coping strategy is generally unhealthy?

- A. Exercise
- B. Journaling
- C. Substance misuse
- D. Talking to friends

58. Which body area often stores tension during stress?

- A. Neck and shoulders
- B. Fingernails only
- C. Eyelashes
- D. Ankles only

59. Which statement about stress is true?

- A. Stress affects only adults
- B. Stress always harms performance
- C. Moderate stress can sometimes motivate people
- D. Stress has no physical effects

60. Which habit can reduce stress before bedtime?

- A. Limiting screen time
- B. Drinking large amounts of caffeine
- C. Intense worrying
- D. Loud arguments

61. Which professional might prescribe medication for severe stress-related conditions?

- A. Psychiatrist
- B. Accountant
- C. Architect
- D. Musician

62. Which stress symptom affects appetite?

- A. Eating much more or less than usual
- B. Better hearing
- C. Stronger bones
- D. Improved balance

63. Which communication skill can reduce relationship stress?

- A. Active listening
- B. Interrupting constantly
- C. Avoiding all conversations
- D. Yelling immediately

64. Which of the following can be a healthy emotional outlet?

- A. Creative arts
- B. Aggressive behavior
- C. Constant isolation
- D. Ignoring emotions

65. What does self-care involve?

- A. Ignoring health needs
- B. Taking actions that support well-being
- C. Avoiding rest
- D. Working nonstop

66. Which environment is most likely to increase stress?

- A. Constant noise and chaos
- B. Peaceful surroundings
- C. Organized spaces

D. Quiet nature settings

67. Which stress-management practice involves writing thoughts and feelings?

- A. Journaling
- B. Yelling
- C. Ignoring emotions
- D. Oversleeping

68. Which physical activity is linked to reduced stress?

- A. Walking
- B. Staying inactive all day
- C. Avoiding movement
- D. Excessive screen time

69. What is a common stress trigger for students?

- A. Exams
- B. Vacations
- C. Relaxation breaks
- D. Leisure reading only

70. Which stress effect can impact relationships?

- A. Increased irritability
- B. Better hearing
- C. Improved balance
- D. Faster reflexes

71. Which coping skill involves asking others for assistance?

- A. Seeking support
- B. Withdrawal
- C. Suppression
- D. Avoidance

72. Which body response is common during stress?

- A. Faster heartbeat
- B. Slower thinking only
- C. Lower alertness
- D. Reduced breathing automatically

73. Which practice encourages gratitude and positive thinking?

- A. Gratitude journaling
- B. Constant criticism
- C. Negative self-talk
- D. Avoiding emotions

74. Which stress-related condition involves extreme exhaustion from work?

- A. Burnout
- B. Insomnia only
- C. Motion sickness
- D. Food poisoning

75. Which factor can help lower stress hormones?

- A. Laughter
- B. Sleep deprivation
- C. Constant conflict
- D. Panic

76. Which symptom may signal overwhelming stress?

- A. Frequent emotional outbursts
- B. Improved concentration always
- C. Better sleep every night
- D. Constant calmness

77. Which coping strategy focuses on changing negative thought patterns?

- A. Cognitive restructuring

- B. Ignoring problems
- C. Avoiding all feelings
- D. Blaming others constantly

78. Which activity may worsen stress if overused?

- A. Excessive social media use
- B. Relaxation breathing
- C. Stretching
- D. Spending time outdoors

79. Which nutrient deficiency may worsen fatigue during stress?

- A. Iron deficiency
- B. Oxygen deficiency only
- C. Watercolor deficiency
- D. Sound deficiency

80. Which stress-management approach involves focusing on solutions?

- A. Problem-focused coping
- B. Avoidance coping
- C. Denial coping
- D. Aggressive coping

81. Which factor is important for maintaining emotional balance?

- A. Healthy boundaries
- B. Saying yes to everything
- C. Ignoring exhaustion
- D. Working nonstop

82. Which body chemical promotes relaxation and happiness?

- A. Serotonin
- B. Acid
- C. Carbon monoxide
- D. Sodium chloride

83. Which stress-management method involves focusing attention calmly on the present moment?

- A. Meditation
- B. Catastrophizing
- C. Avoidance
- D. Overthinking

84. Which situation may create financial stress?

- A. Debt
- B. Savings growth
- C. Budget planning
- D. Financial education

85. Which symptom may appear during acute stress?

- A. Rapid breathing
- B. Hair color changes instantly
- C. Increased height
- D. Permanent calmness

86. Which healthy habit improves stress recovery?

- A. Regular sleep
- B. Staying awake excessively
- C. Ignoring fatigue
- D. Skipping meals

87. Which coping method helps organize overwhelming thoughts?

- A. Making a to-do list
- B. Panicking
- C. Avoiding responsibilities
- D. Complaining nonstop

88. Which group can provide emotional support during stressful times?

- A. Friends and family
- B. Strangers only
- C. No one
- D. Fictional characters only

89. Which symptom is commonly linked to stress?

- A. Fatigue
- B. Increased shoe size
- C. Longer fingernails
- D. Perfect memory

90. Which stress-management skill involves accepting things that cannot be changed?

- A. Acceptance
- B. Denial
- C. Avoidance
- D. Blaming

91. Which activity often reduces tension and boosts mood?

- A. Dancing
- B. Excessive worrying
- C. Sleep deprivation
- D. Constant conflict

92. Which behavior may indicate stress in children?

- A. Irritability or tantrums
- B. Perfect calmness always
- C. Instant maturity
- D. Constant happiness

93. Which workplace habit may reduce stress?

- A. Taking regular breaks
- B. Working nonstop without rest

- C. Ignoring fatigue
- D. Avoiding communication

94. Which coping strategy encourages focusing on controllable actions?

- A. Problem-solving
- B. Catastrophizing
- C. Hopelessness
- D. Avoidance

95. Which symptom may result from prolonged stress?

- A. Frequent headaches
- B. Increased height
- C. Improved hearing
- D. Stronger eyesight

96. Which personal habit can improve stress resilience?

- A. Maintaining social connections
- B. Isolating constantly
- C. Ignoring emotions
- D. Avoiding responsibilities

97. Which activity may calm the nervous system?

- A. Listening to relaxing music
- B. Arguing constantly
- C. Excessive multitasking
- D. Staying overstimulated

98. Which statement about stress is accurate?

- A. Everyone experiences stress differently
- B. Stress affects everyone exactly the same way
- C. Stress never changes over time
- D. Stress only affects emotions

99. Which strategy can help prevent burnout?

- A. Work-life balance
- B. Working every hour possible
- C. Ignoring exhaustion
- D. Avoiding relaxation completely

100. What is the overall goal of healthy stress management?

- A. Eliminate all challenges from life
- B. Develop healthy ways to cope with pressure
- C. Avoid every difficult situation
- D. Ignore emotions completely