

Name _____

Cool Ways to Chill: Strategies for Coping with Stress and Anxiety

Multiple Choice Questions

1. What is one way to reduce stress and anxiety mentioned in the passage?
 - a) Eating junk food
 - b) Taking deep breaths
 - c) Ignoring your feelings
 - d) Watching TV all day

2. How does exercise help in coping with stress and anxiety?
 - a) It makes you feel more stressed.
 - b) It releases natural mood lifters.
 - c) It encourages negative self-talk.
 - d) It only works for adults.

3. What does mindfulness involve?
 - a) Thinking about the past and future
 - b) Ignoring your thoughts and feelings
 - c) Being in the present moment without judgment
 - d) Focusing on other people's problems

4. Why is it important to get enough sleep in managing stress?
 - a) Lack of sleep reduces stress.
 - b) Lack of sleep makes you more anxious.
 - c) Sleep is not related to stress.
 - d) You only need 4-6 hours of sleep.

5. What should you do if stress and anxiety are overwhelming and affecting your daily life?
 - a) Do nothing; it will go away on its own.
 - b) Seek help from a mental health professional.
 - c) Keep it a secret from everyone.
 - d) Pretend you're fine and don't talk about it.

