

Name _____

Stress Less, Be Your Best!

Multiple Choice Questions

1. What can deep breathing help you with?
 - a) Cooking
 - b) Managing stress
 - c) Playing video games
 - d) Painting

2. What is a useful tool to help you stay organized?
 - a) A calendar or planner
 - b) A teddy bear
 - c) A magic wand
 - d) A skateboard

3. How many hours of sleep should you aim for each night to manage stress?
 - a) 4-6 hours
 - b) 8-10 hours
 - c) 12-14 hours
 - d) 2-4 hours

4. What is one way to practice mindfulness?
 - a) Reading a book
 - b) Watching TV all day
 - c) Focusing on your breath and the present moment
 - d) Texting your friends constantly

5. Why is it important to learn to say no sometimes?
 - a) Because saying yes is always better
 - b) Because it's fun
 - c) Because it can prevent you from overloading yourself with commitments
 - d) Because it's rude not to say yes

