

## Chapter 11 Review Quiz

*Instructions: Mark the following as either true (T) or false (F).*

1. Job stress is unavoidable.    T    F
2. All stress is bad.    T    F
3. To deal with overpowering stress, you must first identify the source.    T    F
4. You should never quit a job just because it is stressful.    T    F
5. One way to cope with stress is to make sure your priorities are in order.    T    F
6. Stress can be empowering and motivating.    T    F