

## 8. Managing Stress for Positive Change

### Quiz 1:

#### Question 1 of 3

What type of stress occurs if you are able to make an informed adjustment to the gap between demand and capacity?

- ☐ acute
- ☐ tame
- ☐ chronic
- ☐ contagious

#### Question 2 of 3

The human brain is hardwired for .

- ☐ stress
- ☒ safety
- ☐ social cues
- ☐ collaboration

#### Question 3 of 3

The human brain has two methods for processing information. What are they?

- ☐ binary and multiple
- ☐ simple and complex
- ☒ conscious and non-conscious
- ☐ long-term and short-term

## Quiz 2:

### Question 1 of 1

What element helps our brains have more energy to focus on a purpose?

- ☐ connection
- ☐ **clarity**
- ☐ conscious
- ☐ capacity

## Quiz 3:

### Question 1 of 1

What action could a leader take to create a more positive emphasis in a very busy environment?

- ☐ have meetings outside
- ☐ posters of individuals hard at work
- ☒ **spaces employees can go into to increase their energy**
- ☐ wild colorful paint colors on walls

## Exam:

### Question 1 of 7:

Stress can be chronic but also \_\_\_\_

- **contagious**
- noticeable
- passive

- obtuse

## Question 2 of 7:

What happens when we feel like we are more connected with a team or an individual?

- The brain's perception of stress changes and our experience of stress turns negative.
- **The brain's perception of stress changes and our experience of stress turns positive.**
- The brain's perception and our experience of stress flat lines and no change occurs.
- The brain's perception of stress stays the same and our experience of stress increases.

## Question 3 of 7:

If you are under stress, what is the best way to recharge and calm the brain?

- **have a consistent pattern of breathing (6 breaths per minute)**
- have a consistent pattern of breathing (12 breaths per minute)
- have a consistent pattern of breathing (20 breaths per minute)
- have a consistent pattern of breathing (16 breaths per minute)

## Question 4 of 7:

What is the gap, at which something occurs, between demand and capacity?

- **stress**
- factors
- impact
- activity

### Question 5 of 7:

Izabella's team is feeling overwhelmed and stressed with their project. To better understand what is driving this, what can Izabella do to proactively help?

- conduct a planning session
- take the team out to lunch
- **conduct an energy audit**
- give the team a week off from work

### Question 6 of 7:

Mickey is applying a simple stress mastery formula to help himself manage stress. What are the three main components of this formula?

- analyze; appreciate; arrange
- assess; analyze; apply
- apply; appreciate; action
- **assess; appreciate; adjust**

### Question 7 of 7:

Rather than approach stress from a mindset of judgment, you should switch to a mindset of \_\_\_\_.

- empathy
- sensitivity
- **curiosity**
- openness