

Please complete the following quiz by selecting the most accurate response/answer to the statements and questions below:

1. Whether a situation is a “stressor” depends on a person’s own perception.
True False

2. Hyperarousal of the limbic system’s “fight or flight” response can result in chronic stress.
True False

3. Identify the psychological or emotional symptoms of chronic stress (mark all that apply):
 - a. Memory problems
 - b. Inability to concentrate
 - c. Making astute judgment calls
 - d. Seeing only the negative
 - e. Anxious or racing thoughts

4. Which of the following are physical symptoms of stress? (Mark all that apply.)
 - a. Hyperactivity or excess energy
 - b. Aches and pains
 - c. Diarrhea or constipation
 - d. Chest pain, rapid heartbeat
 - e. Loss of sex drive

5. Which of the following are behavioral symptoms of stress? (Mark all that apply.)
 - a. Eating more or less
 - b. Sleeping too much or too little
 - c. Procrastinating or neglecting responsibilities
 - d. Using alcohol, cigarettes or drugs to relax
 - e. Getting up early to exercise

6. Which of the following are symptoms of depression? (Mark all that apply.)
 - a. High energy and motivation
 - b. Feelings of worthlessness, hopelessness and/or pessimism
 - c. Irritability, restlessness, or being slowed down
 - d. Trouble sleeping or sleeping too much
 - e. Thoughts about suicide or dying

7. Which of the following are symptoms of anxiety? (Mark all that apply.)
 - a. Always feeling angry and lacking patience
 - b. Dramatic mood swings (emotional flipping)
 - c. Feel like crying for no apparent reason
 - d. Underlying anxiety, apprehension or fear
 - e. You feel like you are under pressure all the time

8. Working excessively can be a symptom of a negative coping mechanism for stress.
True False

9. People in denial will not be angry or resentful if you try to talk to them about negative coping mechanisms.
True False

10. Reliance on alcohol for stress relief, if taken to extremes, can result in alcoholism.
True False

11. Reacting to stressors immediately will reduce your levels of chronic stress.
True False

12. Procrastination is a good way to reduce your stress level as you put off troublesome tasks to a later date.
True False

13. Exercise is beneficial for reducing stress as your body releases endorphins, which trigger positive feelings in the body.
True False

14. Meditation is helpful in controlling your stress and developing more control over your thoughts.
True False

15. Chronic stress will have no effect on you if you just ignore it.
True False

16. Volunteering to help someone is one positive way to deal with stress.
True False

17. Staying up all night to work is a good way to deal with stress.
True False

18. Do you know of any attorneys who have had serious personal or professional problems from alcohol abuse?
Yes No

19. Talking to a mental health professional can help you with dealing with chronic stress.
True False

20. Seeking assistance from a medical professional can provide assistance with anxiety and depression, as there are medications available to help with those symptoms.
True False

**THREE EASY STEPS
TO CLE CREDIT – \$45**

- 1) Read the article on pages 12-15.
- 2) Answer the quiz questions on page 17. Each question has only one correct answer.
- 3) Send completed quiz along with this form and \$45 processing fee.

Name _____

Law Firm/Organization _____

Address _____

State/Zip _____

NV Bar Number (Required) _____

MAIL CHECK PAYMENT TO:State Bar of Nevada, 3100 W. Charleston Blvd., Suite 100, Las Vegas, NV 89102 **Check Number:** _____**FAX CREDIT CARD PAYMENT TO: (702) 463-5730** *Notice: do not send credit card payment info via regular or electronic mail.***Please bill my** VISA MC AMEX DISCOVER

Name on card: _____

Billing Address (if different from above): _____

Signature: _____

Card #: _____ Exp: _____ Sec. Code: _____

3 or 4 digit code on credit card

*Articles for CLE credit are valid up to the end of the third calendar year after publication or until a rule change renders the article outdated, whichever is comes first.***NOW AVAILABLE****\$30.00** each**Contact Robert Horne,**
Communications Manager

at 702-382-2200

or email: rhorne@nvbar.org