NMAA Quiz # 5

1. What is stress?
2. True or False. Can chronic stress affect your physical and mental health?
3. True or False. Chronic stress can put at you at risk for depression, headaches, high blood pressure.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_means taking the time to do things that help you live well and improve both your physical health and mental health.
5. What are some ways to reduce stress?
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Includes emotional, psychological, and social well being.