



TeamstersCare Wellness Program Video Quiz

Name: _____

Member's last four digits of SS # _____

Phone number: _____

E-mail address: _____

Date completed: _____

Anxiety During Unprecedented Times (Please circle one answer)

- 1) Anxiety is a normal reaction to different times and situations. **True False**
- 2) Increased heart rate, heavy breathing, and muscle tension are all signs of anxiety. **True False**
- 3) Anxiety lasting longer than the initial stressor is a sign that it is a disorder. **True False**
- 4) Practicing mindfulness, exercising, finding social support, and seeking therapy are all ways to cope with anxiety. **True False**
- 5) The anxiety is not responding to the techniques, the worry is becoming overwhelming, and having suicidal thoughts are all signs to seek immediate help. **True False**

After watching the video, answer the questions above, print the quiz and submit to TeamstersCare by e-mailing to wellness@teamsterscare.com or faxing to: **617-241-8168.**