



## TeamstersCare Wellness Program Video Quiz

Name: _____
<b>Member's</b> last four digits of SS # _____
Phone number: _____
E-mail address: _____
Date completed: _____

### Manage Your Stress for Optimal Living

- 1) Irritability, fatigue, neck and back pain, and frequent headaches are all signs of stress  
**True**      **False**
- 2) Long-term stress that is not managed has no effect on your body  
**True**      **False**
- 3) Common nutrition problems related to stress are caffeine dependency and indigestion  
**True**      **False**
- 4) Skipping meals does not affect your stress level  
**True**      **False**
- 5) Deep breathing, exercising, and making yourself a priority can all help manage stress  
**True**      **False**

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