



# IN THE KNOW

*Developing Top-Notch CNAs, One Inservice at a Time*

## A Professional Growth Module: Stress Management Skills

EMPLOYEE NAME  
(Please print):

DATE: \_\_\_\_\_

- **I understand the information presented in this inservice.**
- **I have completed this inservice and answered at least eight of the test questions correctly.**

EMPLOYEE SIGNATURE:

SUPERVISOR SIGNATURE:

### Inservice Credit:

<input type="checkbox"/> Self Study	1 hour
<input type="checkbox"/> Group Study	1 hour

**File completed test  
in employee's  
personnel file.**

**Are you "In the Know" about stress management? Circle the best choice or fill in your answer. Then check your answers with your supervisor!**

1. When you try to do too much in too little time, stress can **build up** over time and cause you to suffer from:
  - A. Survival Stress.
  - B. Environmental and Job Stress.
  - C. Stress that comes from inside.
  - D. Fatigue and overwork.
2. When your body has been exposed to adrenalin over a **long** period of time, you might start having:
  - A. Short-term physical symptoms.
  - B. Internal symptoms of long-term stress.
  - C. Long-term physical symptoms.
  - D. Short-term performance effects.
3. If stress is caused by something you can control, which skill can you use to **change** the situation?
 

A. Cope	C. Accept
B. Action	D. Be aware
4. The step to managing stress that includes counseling, keeping a positive attitude and keeping things in perspective is \_\_\_\_\_.
5. Three examples of foods discussed in this inservice that may contribute to your stress level are caffeine, sugar and \_\_\_\_\_.
6. In being aware of the stress in your life, the three types of symptoms of stress you experience are \_\_\_\_\_, emotional and behavioral symptoms.
7. **True or False**  
Some relaxation techniques are Karate and Kung Fu.
8. **True or False**  
Stress is positive when you stay "geared up" and can't relax.
9. **True or False**  
"Survival Stress" is when noise causes stress.
10. **True or False**  
Violence in the workplace is a serious result of too much stress.