

# Stress & Relaxation Response Quiz

1. What part of the nervous system is activated when experiencing stress?

2. What happens when stress is perceived to be excessive or threatening?

3. What happens when the stress response is activated?

4. Give examples of positive triggers for the Stress Response.

5. Under what conditions are the Fight or Flight Response activated and what happens?

6. How is the Fight or Flight Response helpful? Under what circumstance is it harmful?

7. What is the Relaxation Response?

8. What practices have been shown to initiate the relaxation response?