Learning to manage the stress and anxiety we feel after the September terrorist attacks is important to our physical and mental health. How we feel also spills over into how our families deal with these uncertain times. Take this quiz to see how you’re coping with stress and anxiety and discover positive ways to deal with the anxiety many of us feel.

1. When you find yourself thinking about being on a bridge or an airplane which could be attacked by terrorists, you should:

   A. Concentrate on positive thoughts unrelated to your fear like your child’s last birthday party, when you found out you got the job you wanted, or your favorite vacation spot.
   B. Turn on a news station on tv or radio and listen to reports concerning the war.
   C. Write down things you want done at your funeral service.

   Answer: A is a visualization technique that works on lowering stress levels. Athletes and business executives often visualize winning an event or closing a business deal in order to succeed. Thinking of something positive or pleasant can force you to stop thinking about events over which you have no control and cause you to fell worried.

2. Your friend, who is a reserve military personnel, has just been called up for active duty to protect the local airport and now you’re worried that something is sure to happen at that airport. Your response is to:

   A. Cancel your plane reservations for the holidays.
   B. Ignore talking to your friend; you don’t need negative input to make you more nervous.
   C. Focus on tasks at hand, what you need to do today and not “what ifs”.

   Answer: C- Focus on what you need to do. Some things are out of your control such as your friend being re-assigned to the airport and terrorists’ actions. Take control of what you can, which is how you lead your life and how you react to other people. Treat other people with concern and respect. Be supportive by listening to your friend.

3. When someone at work criticizes you and you believe it is because they are anxious about the terrorist attacks:

   A. Try not to take it personally.
   B. Take a deep breath and give yourself time to think of what to do or say.
   C. Get enough feedback from the person to see if you did indeed do something to upset this person.
Answer: C-Ask for feedback. If you think it’s undeserved, let it go. If the person has a point and it’s something you can change, do so. Use your energy to be productive at work rather than dwelling on the criticism.

4. When you get uptight at work:

A. Physically move just to get a break.
B. Note negative thoughts and stop thinking them.
C. Take a coffee or cigarette break.

Answer: A-Physically moving forces you to use different muscles and give your body a real break. Caffeine and cigarettes are not good for your body and focusing on negative thoughts, even if it is to stop thinking them, drains your energy level.

5. You will be more stress resistant if you:

A. Exercise and eat well.
B. Join a book club.
C. Stop thinking about the future.

Answer: A-Exercise and nutrition are good ways to stay physically fit so that you can deal with the mental stress of anxiety.

6. When you feel you should talk to someone about the terrorism threat in America,

A. Put your feelings in writing.
B. Forget it; nobody wants to hear you talk. Everyone feels the same way.
C. Find someone who will listen without judging you or butting in by talking about themselves.

Answer: C-Talking and having someone listen without saying anything relieves stress. When you put into words the fears you have, the fears become less powerful and you can deal with them more easily.

7. Stress management is when you:

A. Make choices about what stressful things to keep and what to let go.
B. Make a list of things that you don’t like and get rid of them.
C. Notice how you react to stressful situations and if these reactions don’t work for you, change
Recognizing anxiety is the first step in stress management, such as muscle tenseness, stomach problems, or irritability. Once stress is recognized, effective ways to reduce the physical and mental responses, such as the ones listed in this quiz, can be used.

8. When it’s difficult to concentrate on what your spouse, child, or friend is saying to you:

A. Force yourself to focus.
B. Nod your head to look like you’re listening so they won’t get angry at you.
C. Be honest with the other person and tell them you’re having trouble listening right now and you’ll try again later.

Answer: C-Being honest with those around you is an effective stress management technique. You don’t spend extra energy covering up how you really feel and are able to express your emotions in a safe setting.