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MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. **Research shows that you're more likely to develop food allergies if several members of your family have allergies.**
   ☐ True ☐ False

2. **Two things that affect how much stress people feel are self-esteem and a _____.**
   a. sense of humor
   b. sense of control
   c. low level of responsibility

3. **A _____ is an intense, irrational fear triggered by things that pose little or no real danger, such as heights, dogs or spiders.**
   a. obsessive compulsive disorder
   b. panic disorder
   c. phobia
   d. social anxiety disorder

4. **Some evidence even suggests that coffee may help reduce the risk of liver cancer.**
   ☐ True ☐ False

5. **Food allergies can also cause a sudden and severe allergic reaction called _____.**
   a. dermatitis
   b. asthma
   c. anaphylaxis
   d. paralaxis

6. **Which of the following is NOT a recommended way to reduce stress**
   a. Get enough sleep
   b. Exercise and control your diet
   c. Have a cigarette
   d. Have a social support network

7. **For healthier coffee drinking**
   a. Drink coffee that's been filtered through paper
   b. Don't drink caffeinated coffee late in the day if you have trouble sleeping
   c. Avoid specialty coffee drinks loaded with sugar and fat, which can contribute to weight gain.
   d. None of the above
   e. All of the above

8. **Treatment for anxiety disorders usually includes both medication and shock therapy.**
   ☐ True ☐ False

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