

To receive one training credit, please read the corresponding article and answer the questions below. Return the answer sheet to Community Impact Programs, Attn: Foster Parent Trainer at:

*If licensed in Racine County:* 800 Goold Street, Racine, WI 53402

*If licensed in Kenosha County:* 2108-63<sup>rd</sup> Street, Kenosha, WI 53143

Date: \_\_\_\_\_

Foster Parent Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

### **Anger and Stress Management Questions**

1. Name three physical changes that may indicate your body is affected by stress.
2. What is considered to be the healthiest way of dealing with anger?
3. Better communication and thinking something through before responding are good ways to reduce tension. T or F
4. Relaxation is one way to relieve tension. Name some other things you can do to help you relax.
5. Of the strategies to relieve tension discussed in the article, give an example of one that you have used to relieve tension.
6. \_\_\_\_\_, like walking, running or working out in your garden, is a good way to reduce stress.
7. Describe a situation that caused stress for you and how you dealt with it.
8. How can using humor help defuse rage?
9. A good cry can be a healthy way to bring relief from tension. It can also prevent a headache. T or F