

True/False Quiz: Mindful Dementia Care and Stress Management

Answer Key:

1. **True**
2. **False** (Family members need to be educated to identify and address stress in their loved ones.)
3. **True**
4. **True**
5. **False** (Dementia caregivers report more stressors due to the demands of their role.)
6. **True**
7. **True**
8. **True**
9. **True**
10. **False** (Mindfulness-based stress reduction is a proven method for managing workplace stress.)