

### **True/False Quiz: Mindful Dementia Care and Stress Management**

1. Stress affects nearly every system in the body and can significantly reduce the quality of life.
2. Family members of residents with dementia do not need training to identify stress in their loved ones.
3. Increased agitation, wandering, and social withdrawal are common signs of stress in persons with dementia.
4. Caregivers experiencing high levels of stress are more likely to make poor decisions and deliver lower-quality care.
5. Dementia caregivers report fewer stressors compared to non-dementia caregivers.
6. Flexible work schedules and a supportive environment can help reduce workplace stress for dementia care staff.
7. Deep breathing, aromatherapy, and music therapy are effective stress management techniques for persons with dementia.
8. Staff shortages and long working hours are key contributors to stress in dementia care staff.
9. The Surgeon General's Five Tenets for Workplace Wellness include "Protection from Harm" and "Mattering at Work."
10. Mindfulness-based stress reduction is an unproven method for managing workplace stress in dementia care settings.