2nd Quarter Wrap – Up
Employee Trivia

It's time to celebrate your progress, revisit key takeaways, and test your knowledge with a fun Employee Trivia.

From building healthy habits to learning new strategies for personal and professional well-being, this activity is a chance to reflect on what you've learned throughout the quarter while having a little fun along the way.

Directions:
Read each question carefully and select the best answer from the choices provided. Challenge yourself, celebrate what you know, and use this opportunity to refresh your wellness knowledge. Whether you're competing with coworkers or completing the trivia on your own, have fun and keep your wellness journey going!

Employees may earn 100 incentive points by selecting the correct answer to 45 of the 50 questions and submitting this form no later than November 1, 2026, to the Living Well Portal Quarterly Wrap Up – 2nd Quarter – Employee Trivia Challenge

GOOD LUCK!

1. What is the overall goal of this webinar on managing worry?
A. To teach employees how to eliminate all stress
B. To explain why worry should be ignored
C. To help participants understand worry and develop strategies to manage it effectively
D. To encourage employees to avoid challenging situations

2. Why is it important to prepare before having a difficult conversation at work?
A. To memorize everything you want to say
B. To ensure the other person agrees with you
C. To clarify your goals and communicate more effectively
D. To avoid listening to the other person's perspective

3. Why can money be an emotional topic for many people?
A. Everyone earns the same amount
B. Financial decisions are often tied to stress, goals, and personal experiences
C. Money has no effect on daily life
D. Only business owners experience money concerns

4. Which behavior may contribute to a cycle of chronic worry?
A. Solving problems one step at a time
B. Seeking support when needed
C. Constantly dwelling on worst-case scenarios
D. Practicing healthy coping strategies

5. What is the primary goal of effective workplace communication?
A. To win every disagreement
B. To communicate clearly, respectfully, and achieve mutual understanding
C. To avoid difficult conversations
D. To speak as quickly as possible

6. Which of the following is a positive approach to personal finance?
A. Making impulse purchases whenever possible
B. Avoiding financial conversations
C. Creating a plan that supports your financial goals
D. Ignoring monthly expenses

7. Chronic worry may increase the risk of developing:
A. Better memory
B. Generalized anxiety disorder and depression
C. Improved physical fitness
D. Greater confidence

8. What is an important part of active listening?
A. Thinking about your response while the other person is talking
B. Checking your phone during the conversation
C. Giving your full attention and asking clarifying questions
D. Finishing the speaker's sentences

9. What is one benefit of recognizing emotional spending triggers?
A. It helps you make more intentional financial choices
B. It guarantees you'll never overspend again
C. It increases unnecessary purchases
D. It removes the need for budgeting

10. What is a healthy first step when you notice yourself worrying excessively?
A. Ignore it completely
B. Blame others for your stress
C. Assume the worst will happen
D. Pause and identify what is causing the worry

11. During a salary negotiation, which approach is most effective?
A. Base your request on your accomplishments and market value
B. Demand a raise without explanation
C. Threaten to resign immediately
D. Compare your salary to coworkers

12. What is one goal of learning about emotional money management?
A. To avoid thinking about finances
B. To spend more money
C. To eliminate all financial challenges
D. To make purposeful and confident financial decisions

13. Why is it important to recognize the root cause of worry?
A. It helps eliminate every future problem
B. It prevents all workplace challenges
C. It allows you to better understand and address your concerns
D. It guarantees you'll never feel stressed again

14. If a coworker behaves disrespectfully, the best first step is to:
A. Ignore the behavior permanently
B. Address the issue respectfully and professionally
C. Gossip with other coworkers
D. Report them immediately without speaking to them

15. Which habit best supports long-term financial wellness?
A. Spending every paycheck immediately
B. Ignoring financial goals
C. Comparing your finances to others
D. Regularly reviewing your budget and spending

16. Which of the following is an example of healthy stress management?
A. Identifying the source of your worry and developing a plan
B. Ignoring your feelings completely
C. Assuming the worst in every situation
D. Avoiding responsibilities

17. When receiving constructive feedback, you should:
A. Become defensive immediately
B. Ignore the feedback
C. Thank the person and consider how to apply it
D. Explain why the feedback is wrong

18. According to the webinar, poor money habits can often lead to:
A. Increased workplace productivity
B. Better financial planning
C. Mental stress
D. More vacation time

19. During a difficult conversation, emotions are best managed by:
A. Remaining calm and focusing on the issue
B. Raising your voice
C. Bringing up unrelated past conflicts
D. Ending the conversation immediately

20. How can improved financial wellness benefit employees?
A. It reduces the need for communication
B. It can help reduce stress and improve overall well-being
C. It guarantees higher pay
D. It eliminates all financial obligations

21. Everyone experiences worry:
A. Only during major life events
B. Only outside of work
C. At times, although chronic worry can become unhealthy
D. Only when facing financial problems

22. Which statement is an example of respectful communication?
A. "You never do your job correctly."
B. "Everyone agrees you're wrong."
C. "I want to understand your perspective so we can find a solution."
D. "This is all your fault."

23. Understanding why we make certain financial decisions can help us:
A. Build healthier money habits
B. Ignore our spending patterns
C. Eliminate all expenses
D. Avoid creating a budget

24. What is one benefit of learning strategies to manage worry?
A. You will never experience stress again
B. You can reduce the impact worry has on your daily life
C. You will avoid all difficult conversations
D. You will always know the outcome of every situation

25. What is one benefit of using a structured communication model?
A. It guarantees everyone will agree
B. It helps organize thoughts and improves productive conversations
C. It eliminates all workplace conflict
D. It shortens every meeting

26. When discussing career development with your supervisor, you should:
A. Wait for your supervisor to bring it up
B. Focus only on your frustrations
C. Compare yourself to coworkers
D. Share your goals and ask for feedback and growth opportunities

27. Which statement best describes chronic worry?
A. It is occasional concern before an important event
B. It is persistent, excessive worrying that may affect daily life and well-being
C. It only affects people outside the workplace
D. It always has a simple solution

28. Harnessing positive thoughts and emotions can help you:
A. Win the lottery
B. Make more thoughtful financial decisions
C. Avoid paying bills
D. Eliminate all financial responsibilities

29. Effective communication includes:
A. Active listening
B. Interrupting to make your point
C. Speaking louder than others
D. Avoiding eye contact

30. Which of the following is most likely to help break the cycle of worry?
A. Focusing on practical solutions and healthy coping strategies
B. Avoiding every challenge
C. Ignoring responsibilities
D. Keeping worries to yourself forever

31. What is the overall purpose of this emotional money management webinar?
A. To teach investment strategies only
B. To eliminate all financial stress
C. To encourage spending less money
D. To help participants understand emotional money habits and build confidence in managing personal finances

32. If a conversation becomes tense, an effective strategy is to:
A. Interrupt to defend yourself
B. Stay focused on the issue and communicate respectfully
C. Walk away without saying anything
D. Raise your voice so you're heard

33. What is an example of a healthy coping strategy for worry?
A. Practicing healthy stress-management techniques and focusing on what you can control
B. Avoiding all responsibilities
C. Dwelling on negative thoughts
D. Expecting every situation to end poorly

34. When faced with a stressful financial situation, a helpful first step is to:
A. Panic and make quick decisions
B. Pause, evaluate your options, and create a plan
C. Avoid looking at your finances
D. Borrow money without considering the consequences

35. Which statement reflects a healthy money mindset?
A. "I'll never improve my financial situation."
B. "Money problems should always be ignored."
C. "I can make informed choices that support my financial goals."
D. "Financial planning isn't important."

36. Why is managing worry important in the workplace?
A. It helps eliminate deadlines
B. It can improve focus, well-being, and productivity
C. It guarantees promotions
D. It prevents all workplace conflict

37. What is the overall purpose of learning effective workplace communication strategies?
A. To avoid talking with coworkers
B. To always persuade others to agree with you
C. To become more confident and effective in workplace conversations
D. To eliminate all workplace challenges

38. Why is it important to understand your personal approach to money?
A. It helps you identify habits and make informed financial decisions
B. It guarantees financial success
C. It eliminates all unexpected expenses
D. It prevents the need to save money

39. Which behavior supports effective communication during challenging situations?
A. Avoiding the conversation completely
B. Listening carefully and responding respectfully
C. Speaking over others to make your point
D. Focusing only on proving you are right

40. What is one way to support better financial decision-making?
A. Recognize emotions and understand how they influence choices
B. Ignore all feelings about money
C. Avoid creating financial goals
D. Make decisions without considering consequences

41. What is one strategy for reducing workplace worry?
A. Focusing only on possible problems
B. Identifying what you can control and taking action
C. Avoiding conversations with others
D. Assuming negative outcomes

42. What is a benefit of communicating clearly and respectfully?
A. It helps build stronger workplace relationships
B. It guarantees everyone will agree
C. It eliminates all conflict
D. It prevents all misunderstandings

43. Which approach is helpful when receiving feedback?
A. Listening, reflecting, and considering ways to improve
B. Ignoring the feedback
C. Responding defensively
D. Blaming others

44. What can help reduce the stress associated with money concerns?
A. Avoiding financial topics
B. Creating awareness of habits and developing a plan
C. Ignoring spending patterns
D. Comparing finances with others

45. What is one sign that worry may be becoming unhealthy?
A. Occasional concern about important events
B. Feeling motivated to solve problems
C. Constant stress that affects daily life and well-being
D. Planning ahead for future needs

46. During a difficult workplace conversation, it is important to:
A. Focus on the issue and communicate with respect
B. Avoid listening to the other person
C. Bring up unrelated conflicts
D. Try to win the argument

47. Which financial habit can support long-term wellness?
A. Spending without a plan
B. Reviewing goals and making intentional choices
C. Ignoring financial responsibilities
D. Avoiding budgeting discussions

48. What can help someone better manage feelings of worry?
A. Understanding triggers and practicing healthy coping strategies
B. Ignoring concerns completely
C. Avoiding all responsibilities
D. Assuming problems cannot be solved

49. What is the purpose of learning communication models?
A. To avoid workplace conversations
B. To help navigate conversations more effectively
C. To make disagreements disappear completely
D. To convince others to always agree

50. What is the overall goal of workplace wellness education?
A. To provide tools and strategies that support personal and professional well-being
B. To remove all challenges from life
C. To guarantee success in every situation
D. To eliminate the need for personal growth