

Mindful Continuing Education

Exploring the Interplay Between Physical and Mental Health

1. Which of the following best describes how well one's organs and body systems function.

- A. Physical health
 - B. Mental health
 - C. Lifestyle choices
 - D. HPA axis
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2. Which of the following is one's ability to cope with life stressors, productively work and learn, contribute to one's community, and meet one's desired level of well-being.

- A. Physical health
 - B. Mental health
 - C. Lifestyle choices
 - D. Holistic health
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3. Which of the following best describes negative attitudes, stereotypes, or beliefs a society holds about people who have mental health conditions.

- A. Prejudice
 - B. Discrimination
 - C. Stigma
 - D. Labeling
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4. This model of assessment and treatment acknowledges that physical and mental health symptoms overlap and interact with a person's well-being and risk for illness.

- A. Holistic Health
 - B. Biopsychosocial
 - C. Cognitive Behavioral Therapy
 - D. Complementary Therapies
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5. Exercise can be as effective as medications for people with the following?

- A. chronic stress
- B. anxiety

- C. heart disease**
 - D. depression**
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6. Carbohydrate cravings may be the body's way of trying to boost

- A. serotonin**
 - B. dopamine**
 - C. GABA**
 - D. B12**
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7. The enteric nervous system is found in which of the following?

- A. brain**
 - B. vagus nerve**
 - C. gastrointestinal tract**
 - D. endocrine system**
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8. Functional imaging indicates that mental health disorders and another condition have comparable biological mechanisms, contributing to their interconnectedness. What is this condition?

- A. digestive problems**
 - B. chronic stress**
 - C. sleep disorders**
 - D. chronic pain**
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9. Deficiencies in this cause problem-solving and decision-making difficulties and reduce one's ability to have control over emotions and behaviors.

- A. sleep**
 - B. calories**
 - C. minerals**
 - D. exercise**
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10. This can cause some people to have stronger stress responses.

- A. sleep disorders**
 - B. traumatic events**
 - C. poor diet**
 - D. mindfulness**
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11. This stress hormone is normally high in the morning upon waking and slowly dissipates throughout the day.

- A. Cortisol**
 - B. Epinephrine**
 - C. Serotonin**
 - D. Dopamine**
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12. This part of the autonomic nervous system is triggered in the fight or flight response.

- A. Endocrine system**
 - B. Central nervous system**
 - C. Sympathetic nervous system**
 - D. Parasympathetic nervous system**
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13. Reducing stress and improving mood improves both emotional well-being and which of the following?

- A. cardiovascular capacity**
 - B. exercise habits**
 - C. menopause**
 - D. immune functioning**
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14. Which of the following is a non-judgemental attention to present-moment experiences.

- A. Meditation**
 - B. Tai chi**
 - C. Qi gong**
 - D. Mindfulness**
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15. One in three adults over the age of 45 report experiencing what emotional state?

- A. being depressed**
 - B. feeling lonely**
 - C. experiencing chronic stress**
 - D. having a chronic health condition**
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16. This is a cumulative process marked by physical and emotional exhaustion, disconnection from others, withdrawal, hopelessness, and feelings of inefficacy.

- A. Acute stress**

- B. Chronic Stress**
 - C. Anxiety**
 - D. Burnout**
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17. Eating regular meals, journaling, spending time with friends, attending church, and having a comfortable workspace are all examples way to what?

- A. reduce stress**
 - B. lose weight**
 - C. set realistic goals**
 - D. self-care**
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18. When individuals feel they have achieved what concept, they tend to be more productive, take fewer sick days, and are more likely to stay committed to their work role?

- A. managable responsibilities**
 - B. efficient time management**
 - C. work-life balance**
 - D. effective communication**
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19. Which activity is done deliberately to tend to one's emotional, mental, and physical health?

- A. attend doctor's appointments**
 - B. positive self-talk**
 - C. self-care**
 - D. self-compassion**
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20. Which of the following can be treated with probiotics, antibiotics, and fecal microbiota transplants?

- A. indigestion**
 - B. gut microbiome**
 - C. gastroparesis**
 - D. visceral hypersensitivity**
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