

# 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 flight 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. manageable 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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