

# 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
- 

**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
- 

**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
- 

**5. Exercise can be as effective as medications for people with the following?**

- A. chronic stress
  - B. anxiety
  - C. heart disease
  - D. depression
-

**6. Carbohydrate cravings may be the body's way of trying to boost**

- A. serotonin
  - B. dopamine
  - C. GABA
  - D. B12
- 

**7. The enteric nervous system is found in which of the following?**

- A. brain
  - B. vagus nerve
  - C. gastrointestinal tract
  - D. endocrine system
- 

**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
- 

**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
- 

**10. This can cause some people to have stronger stress responses.**

- A. sleep disorders
  - B. traumatic events
  - C. poor diet
  - D. mindfulness
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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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