

## Chapter 02 - Your Psychological and Spiritual Well Being

True / False

1. Just like physical health, psychological well-being can be measured, tested, X-rayed, and dissected.

- a. True
- b. False

**ANSWER:** False

**REFERENCES:** Emotional and Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.1 - Recognize the characteristics of emotionally healthy individuals.

**KEYWORDS:** Bloom's: Understand

2. The human theorist Abraham Maslow identified human needs as the motivating factors in personality development.

- a. True
- b. False

**ANSWER:** True

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Remember

3. Prayer and other religious experience, including meditation, may actually change the brain for the better.

- a. True
- b. False

**ANSWER:** True

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Understand

4. The use of prescription sleeping pills has decreased by nearly 50% in the past decade.

- a. True
- b. False

**ANSWER:** False

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

5. Forgiveness-based interventions have helped relieve symptoms of depression and reduce suicidal thoughts and behavior among college students.

- a. True
- b. False

**ANSWER:** True

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Remember

6. Autonomous individuals base each judgment on the values of others, instead of their own.

- a. True

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b. False

**ANSWER:** False

**REFERENCES:** Feeling in Control

**LEARNING OBJECTIVES:** INHB.HALE.17.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

**KEYWORDS:** Bloom's: Understand

7. Three of four Americans struggle to get a good night's sleep at least a few nights a week.

a. True

b. False

**ANSWER:** True

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

8. Unlike aggression, a far less healthy means of expression, assertiveness seldom effects a change in a situation.

a. True

b. False

**ANSWER:** False

**REFERENCES:** Feeling in Control

**LEARNING OBJECTIVES:** INHB.HALE.17.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

**KEYWORDS:** Bloom's: Understand

9. On campus, female students generally have poorer sleep patterns than males and suffer more consequences as a result.

a. True

b. False

**ANSWER:** True

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

10. Cultural rituals often divide people, severing bonds, and cheapening the values and beliefs they once shared.

a. True

b. False

**ANSWER:** False

**REFERENCES:** Emotional and Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.1 - Recognize the characteristics of emotionally healthy individuals.

**KEYWORDS:** Bloom's: Understand

### Multiple Choice

11. Which type of health encompasses our ability to perceive reality as it is, to respond to its challenges, and to develop rational strategies for living?

a. social health

b. emotional health

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- c. spiritual health
- d. economic health
- e. mental health

**ANSWER:** e

**REFERENCES:** Emotional and Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.1 - Recognize the characteristics of emotionally healthy individuals.

**KEYWORDS:** Bloom's: Remember

12. Which factors are most relevant to overall psychological health?

- a. aerobic and anaerobic capacity
- b. mental and social awareness
- c. emotional and mental states
- d. external and internal networks
- e. emotional and cultural awareness

**ANSWER:** c

**REFERENCES:** Emotional and Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.1 - Recognize the characteristics of emotionally healthy individuals.

**KEYWORDS:** Bloom's: Remember

13. Development of a sense of meaning and affirmation of life and adaptability to a variety of circumstances are characteristic of \_\_\_\_ health.

- a. mental
- b. emotional
- c. spiritual
- d. social
- e. financial

**ANSWER:** b

**REFERENCES:** Emotional and Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.1 - Recognize the characteristics of emotionally healthy individuals.

**KEYWORDS:** Bloom's: Apply

14. Which term refers to a set of shared attitudes, values, goals, and practices of a group that are internalized by an individual within the group?

- a. morals
- b. beliefs
- c. laws
- d. culture
- e. political affiliation

**ANSWER:** d

**REFERENCES:** Emotional and Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.1 - Recognize the characteristics of emotionally healthy individuals.

**KEYWORDS:** Bloom's: Remember

15. Instead of engaging in self-criticism and focusing on her failures, Rachel decides to accept herself and her flaws. Her attitude is best described as \_\_\_\_.

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- a. self-esteem
- b. self-compassion
- c. self-awareness
- d. self-motivation
- e. self-worth

**ANSWER:** b

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Apply

16. John has trouble focusing on clear, manageable goals and tends to rely on his “gut” feelings. This aspect of John’s behavior exhibits low \_\_\_\_\_.

- a. emotional intelligence
- b. self-esteem
- c. cognitive aptitude
- d. self-actualization
- e. spiritual health

**ANSWER:** a

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Apply

17. Which human need(s) would Maslow say is(are) the most basic?

- a. self-respect
- b. food and shelter
- c. safety and security
- d. love and affection
- e. fulfillment of one’s potential

**ANSWER:** b

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Understand

18. Which level of psychological health tops the Maslow pyramid?

- a. self-esteem
- b. love and affection
- c. self-actualization
- d. safety and security
- e. personality development

**ANSWER:** c

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a

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happy and purposeful life.

**KEYWORDS:** Bloom's: Remember

19. Which factor contributes the least to happiness?

- a. health
- b. income
- c. anxiety
- d. intelligence
- e. pain

**ANSWER:** d

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Understand

20. Which emotional state can color one's view of the world for hours or days?

- a. feeling
- b. idea
- c. mood
- d. thought
- e. belief

**ANSWER:** c

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Remember

21. Melanie asked friends and family about which job offer to buy, but, ultimately, chose the one she thought was best for her. Melanie attained which goal?

- a. self-actualization
- b. autonomy
- c. happiness
- d. self-esteem
- e. optimism

**ANSWER:** b

**REFERENCES:** Feeling in Control

**LEARNING OBJECTIVES:** INHB.HALE.17.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

**KEYWORDS:** Bloom's: Apply

22. Thomas persuaded Mark and Ted that their choice of restaurant was a poor one because the parking lot was a few blocks away and dimly lit. The trio went elsewhere. Which trait did Mark exemplify?

- a. aggression
- b. assertiveness
- c. pessimism

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- d. self-esteem
- e. absolute control

**ANSWER:** b

**REFERENCES:** Feeling in Control

**LEARNING OBJECTIVES:** INHB.HALE.17.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

**KEYWORDS:** Bloom's: Analyze

23. Which type of health encompasses the ability to identify one's basic purpose in life, and to experience the fulfillment of achieving one's full potential?

- a. emotional health
- b. spiritual health
- c. social health
- d. intellectual health
- e. financial health

**ANSWER:** b

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Remember

24. Which set of criteria determines how you choose among thoughts, actions, goals, and ideals.

- a. values
- b. beliefs
- c. religion
- d. expectations
- e. culture

**ANSWER:** a

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Remember

25. Which practice is the most commonly used form of complementary and alternative medicine?

- a. prayer
- b. reading
- c. sleep
- d. meditation
- e. relaxation

**ANSWER:** a

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Remember

26. Which trait refers to appreciation not just for a special gift but for everything that makes life a bit better?

- a. gratitude
- b. forgiveness
- c. happiness

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d. autonomy

e. optimism

**ANSWER:** a

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Apply

27. According to the National College Health Assessment, about one in \_\_\_\_ college students said that sleep difficulties have affected their academic performance.

a. three

b. five

c. seven

d. nine

e. eleven

**ANSWER:** b

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

28. According to the Centers for Disease Control and Prevention (CDC), about \_\_\_\_ of Americans say they get enough sleep.

a. one-half

b. one-third

c. one-fourth

d. one-fifth

e. one-tenth

**ANSWER:** b

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

29. As a dietary supplement, which hormone may help control your body's internal clock?

a. estrogen

b. testosterone

c. epinephrine

d. melatonin

e. chamomile

**ANSWER:** d

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

30. In which stage(s) of non-REM sleep do brain waves become larger and punctuated with occasional sudden bursts of electrical activity?

a. Stage 1 only

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- b. Stage 2 only
- c. Stage 3 only
- d. Stages 1 and 4
- e. Stages 3 and 4

**ANSWER:** b

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

31. Another term for dream sleep is \_\_\_\_.

- a. twilight
- b. unconsciousness
- c. REM sleep
- d. sleep apnea
- e. slow-wave sleep

**ANSWER:** c

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

32. George occasionally takes long naps, after which he feels lethargic for hours. George is experiencing \_\_\_\_.

- a. stress
- b. sleep inertia
- c. insomnia
- d. progressive muscle relaxation
- e. sleep apnea

**ANSWER:** b

**REFERENCES:** To Nap or Not to Nap

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Apply

33. When trying to sleep, Teresa tosses and turns for a hour or more, wakes frequently, and then wakes earlier then she wanted in the morning. Teresa is experiencing \_\_\_\_.

- a. stress
- b. sleep inertia
- c. insomnia
- d. progressive muscle relaxation
- e. sleep apnea

**ANSWER:** c

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Apply

34. A heavy snorer, Eugene occasionally gasps for air and thrashes about in bed. Eugene is showing symptoms of \_\_\_\_.

- a. cognitive appraisal

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- b. sleep inertia
- c. insomnia
- d. progressive relaxation
- e. sleep apnea

**ANSWER:** e

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Apply

35. Which movement disorder is characterized by symptoms often described as pulling, burning, tingling, creepy-crawly, grabbing, buzzing, jitteriness, or gnawing?

- a. restless legs syndrome
- b. circadian rhythm disorder
- c. progressive muscle relaxation
- d. rapid eye movement
- e. panic attack

**ANSWER:** a

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

36. Which sleep disorder is often attributed to jet lag?

- a. restless legs syndrome
- b. circadian rhythm disorder
- c. periodic insomnia
- d. rapid eye movement
- e. sleep inertia

**ANSWER:** b

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

37. Sleep drugs such as Lunesta and Ambien help induce sleep because they \_\_\_\_.

- a. restore circadian rhythm
- b. relax the muscles
- c. quiet the nervous system
- d. reduce snoring
- e. induce rapid eye movement

**ANSWER:** c

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

38. Over-the-counter sleeping pills typically contain \_\_\_\_, which induce drowsiness by working against the central nervous system chemical histamine.

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- a. antihistamines
- b. dietary supplements
- c. hypnotic medications
- d. valium
- e. heartbeat regulators

**ANSWER:** a

**REFERENCES:** To Nap or Not to Nap

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

39. Developing the habit of positive thinking and talking can be helpful for attaining which level of psychological health?
- a. happiness
  - b. self-esteem
  - c. self-actualization
  - d. emotional intelligence
  - e. self-compassion

**ANSWER:** b

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Remember

40. Which term refers to the ability to monitor and use emotions to guide thinking and actions?
- a. intelligence quotient
  - b. autonomy
  - c. assertiveness
  - d. emotional quotient
  - e. aggression

**ANSWER:** d

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Remember

41. Based on surveys, which characteristic is common to the happiest college students?
- a. consistent study habits
  - b. a rich and fulfilling social life
  - c. physical fitness
  - d. an on-campus job
  - e. optimism

**ANSWER:** b

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Remember

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42. Connie has a tendency to seek out, remember, and expect pleasurable experiences. In doing so, she is exhibiting which emotional state?

- a. aggression
- b. optimism
- c. personal mastery
- d. autonomy
- e. assertiveness

**ANSWER:** b

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Apply

43. Matthew has a tendency to feel that he is on control of whatever circumstances life presents. In doing so, he is exhibiting which emotional state?

- a. aggression
- b. optimism
- c. personal mastery
- d. autonomy
- e. assertiveness

**ANSWER:** c

**REFERENCES:** Feeling in Control

**LEARNING OBJECTIVES:** INHB.HALE.17.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

**KEYWORDS:** Bloom's: Apply

44. A collective term for one's degree of involvement in a wide variety of spiritual practices is \_\_\_\_.

- a. faith spectrums
- b. self-awareness
- c. resilience
- d. religiosity
- e. ritualization

**ANSWER:** d

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Remember

45. Women's Health Initiative data shows that attending weekly church service lowers an individual's risk of death by \_\_\_\_ percent, compared with those who don't attend at all.

- a. 5
- b. 10
- c. 15
- d. 20
- e. 25

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**ANSWER:** d

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Remember

46. One reason people may be unaware that they possess \_\_\_\_ is because they confuse it with religion, dogma, or old-fashioned morality.

- a. inner strength
- b. spiritual intelligence
- c. resilience
- d. a moral compass
- e. autonomy

**ANSWER:** b

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Remember

47. Terence prays directly to a higher power. He is exhibiting \_\_\_\_ prayer.

- a. therapeutic
- b. optimistic
- c. emotional
- d. intelligent
- e. petitionary

**ANSWER:** e

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Apply

48. Mary keeps a diary in which she records three things she is grateful for each day. This is a technique is known as \_\_\_\_.

- a. emotional quotient
- b. spiritual enrichment
- c. gratitude intervention
- d. positive thinking
- e. self-actualization

**ANSWER:** c

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Apply

49. Which word stems from the Greek for “letting go?”

- a. forgive
- b. forget
- c. gratitude
- d. pray

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e. relax

**ANSWER:** a

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Apply

50. During which stage of sleep do brain waves resemble those of waking more than those of quiet sleep?

- a. "delta" sleep
- b. stage 1 non-REM sleep
- c. REM sleep
- d. stage 2 non-REM sleep
- e. semi-conscious sleep

**ANSWER:** c

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

Completion

51. \_\_\_\_\_ health is the ability to express and acknowledge one's feelings and moods and exhibit adaptability and compassion for others.

**ANSWER:** Emotional

**REFERENCES:** Emotional and Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.1 - Recognize the characteristics of emotionally healthy individuals.

**KEYWORDS:** Bloom's: Remember

52. In America's diverse society, many \_\_\_\_\_ influences affect our sense of who we are, where we came from, and what we believe.

**ANSWER:** cultural

**REFERENCES:** Emotional and Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.1 - Recognize the characteristics of emotionally healthy individuals.

**KEYWORDS:** Bloom's: Remember

53. The scientific study of ordinary human strengths and virtues is known as positive \_\_\_\_\_.

**ANSWER:** psychology

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Remember

54. People high in \_\_\_\_\_ tend to recognize that all humans are imperfect and avoid ruminating about their past errors in judgment.

**ANSWER:** self-compassion  
self compassion

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a

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happy and purposeful life.

**KEYWORDS:** Bloom's: Understand

55. The ability to monitor and use emotions to guide thinking and actions is known as \_\_\_\_\_.

**ANSWER:** emotional intelligence  
EQ

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Understand

56. \_\_\_\_\_ can be briefly defined as confidence and satisfaction in yourself.

**ANSWER:** Self-esteem  
Self esteem

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Remember

57. The ability to draw on internal resources and stake your independence from familial and societal influences is known as \_\_\_\_\_.

**ANSWER:** autonomy

**REFERENCES:** Feeling in Control

**LEARNING OBJECTIVES:** INHB.HALE.17.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

**KEYWORDS:** Bloom's: Remember

58. Being \_\_\_\_\_ means recognizing your feelings and making your needs and desires clear to others.

**ANSWER:** assertive

**REFERENCES:** Feeling in Control

**LEARNING OBJECTIVES:** INHB.HALE.17.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

**KEYWORDS:** Bloom's: Remember

59. \_\_\_\_\_ can be defined as the capacity to sense, understand, and tap into the highest part of ourselves, others, and the world around us.

**ANSWER:** Spiritual intelligence

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Remember

60. \_\_\_\_\_ gives rise to a strong sense of purpose, values, morals, and ethics.

**ANSWER:** Spirituality

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Understand

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61. \_\_\_\_\_ may foster a state of peace and calm that could lead to beneficial changes in the cardiovascular and immune systems.

**ANSWER:** Prayer

**REFERENCES:** Spiritual Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Understand

62. Sleep deprivation alters \_\_\_\_\_ function, including the activity of the body's killer cells.

**ANSWER:** immune

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Understand

63. Each of us seems to have an innate sleep \_\_\_\_\_ that is as much a part of our genetic programming as hair color and skin tone.

**ANSWER:** appetite

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Understand

64. Although not a long-term not a long-term solution to a sleep problem, \_\_\_\_\_ \_\_\_\_\_ can be helpful if travel, injury, or illness interfere with your nightly rest.

**ANSWER:** sleeping pills  
sleep medications

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

65. \_\_\_\_\_ is translated from the Greek words meaning "no" and "breath."

**ANSWER:** Apnea

**REFERENCES:** Sleepless on Campus

**LEARNING OBJECTIVES:** INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

**KEYWORDS:** Bloom's: Remember

### Matching

Match the items.

- a. values
- b. spirituality
- c. mood
- d. self-actualization
- e. self-compassion
- f. emotional health
- g. emotional intelligence
- h. autonomy
- i. optimism

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j. self-esteem

**REFERENCES:** Emotional and Mental Health  
Feeling In Control  
Spiritual Health  
The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.1 - Recognize the characteristics of emotionally healthy individuals.  
INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.  
INHB.HALE.17.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.  
INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

**KEYWORDS:** Bloom's: Remember | Bloom's: Understand

66. realizing your fullest potential

**ANSWER:** d

67. whispers “you’re worth it; you can do it; you’re okay.”

**ANSWER:** j

68. ability to express feelings and moods

**ANSWER:** f

69. anticipating positive outcomes

**ANSWER:** i

70. ability to monitor and use emotions to guide thinking and actions

**ANSWER:** g

71. represent what's most important to an individual

**ANSWER:** a

72. healthy form of self-acceptance

**ANSWER:** e

73. belief in a higher power

**ANSWER:** b

74. independence

**ANSWER:** h

75. sustained emotional state

**ANSWER:** c

Essay

76. What are the characteristics of an emotionally healthy person? What are the characteristics of a mentally healthy person?

**ANSWER:** Characteristics of an emotionally healthy person include a determination and effort to be healthy, flexibility and adaptability, a sense of meaning and affirmation in life, compassion for others, unselfishness in serving and relating to others, increased depth and satisfaction in

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intimate relationships, and a sense of control over mind and body.

Characteristics of a mentally healthy person include an ability to function and carry out responsibilities, an ability to form relationships, realistic perceptions of the motivations of others, rational, logical thought processes, and an ability to adapt to change and cope with adversity.

**REFERENCES:** Emotional and Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.1 - Recognize the characteristics of emotionally healthy individuals.

**KEYWORDS:** Bloom's: Apply

77. Discuss three major factors that affect the pursuit of happiness, and the degree to which each influences well-being.

**ANSWER:** Psychological research has identified three major factors that contribute to a sense of well-being:

- A happiness set point, which is a genetic component that contributes about 50 percent to individual differences in contentment.
- Life circumstances, such as income or marital status, which account for about 10 percent of the happiness differential.
- Thoughts, behaviors, beliefs, and goal-based activities, which may account for up to 40 percent of individual variations.

**REFERENCES:** The Lessons of Positive Mental Health

**LEARNING OBJECTIVES:** INHB.HALE.17.2.2 - Summarize the components of positive mental health that can lead to a happy and purposeful life.

**KEYWORDS:** Bloom's: Analyze

78. Discuss why being assertive works to effect the change you want, whereas being either aggressive or passive does not.

**ANSWER:** Being assertive requires recognizing your feeling and making your needs and desires clear to others. Unlike aggression, a far less healthy means of expression, assertiveness usually works. You can change a situation you don't like by communicating your feelings and thoughts in non-provocative words, by focusing on specifics, and by making sure you're talking with the person who is directly responsible. Many people have learned to cope by being passive and not communicating their feelings or opinions. Sooner or later they become so irritated, frustrated, or overwhelmed that they explode in an outburst—which they think of as being assertive. However, such behavior is so distasteful to them that they'd rather be passive. But assertiveness doesn't mean screaming or telling someone off. You can communicate your wishes calmly and clearly. Assertiveness is a behavior that respects your rights and the rights of other people even when you disagree.

**REFERENCES:** Feeling in Control

**LEARNING OBJECTIVES:** INHB.HALE.17.2.3 - Describe the roles of autonomy and self-assertion in boosting self-control.

**KEYWORDS:** Bloom's: Analyze

79. List and provide examples of six simple steps you can take to enrich your spiritual life, whether you are religious or not.

**ANSWER:** The following simple steps can start you on an inner journey to a new level of understanding:

- Sit quietly: Force yourself to do nothing at all.
- Start small: Shut the door to your room, take a few huge deep breaths, and let them out slowly.
- Step outside: Follow the flight of a bird; watch clouds float overhead.
- Use activity to tune into your spirit: Sing, chant, dance, or drum?
- Ask questions of yourself: What am I feeling? What are my choices? Where am I heading?

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- Trust your spirit: Reach for the greater good by calling or e-mailing a friend you've lost touch with.

Additional step that might be listed:

- Develop a spiritual practice: Deepen your current spiritual commitment, be open-minded about religion, or try nonreligious meditation.

*REFERENCES:* Spiritual Health

*LEARNING OBJECTIVES:* INHB.HALE.17.2.4 - Discuss the impact of spirituality on individuals.

*KEYWORDS:* Bloom's: Apply

80. As an alternative to sleeping pills, discuss three behavioral approaches that have proven effective in dealing with sleep disorders.

*ANSWER:*

In the long term, the following behavioral approaches have proven more effective than sleeping pills in treating sleep disorders:

- Relaxation therapy, which may involve progressive muscle relaxation, diaphragmatic breathing, hypnosis, or meditation
- Cognitive therapy, which challenges misconceptions about sleep and helps shift a poor sleeper's mind away from anxiety-inducing thoughts
- Stimulus control therapy, in which individuals who do not fall asleep quickly must get up and leave their beds until they are very sleepy

Additional behavioral approach that might be listed:

- Sleep restriction therapy, in which sleep times are sharply curtailed in order to improve sleep quality

*REFERENCES:* Sleepless on Campus

*LEARNING OBJECTIVES:* INHB.HALE.17.2.5 - Summarize the significance of having a good night's sleep.

*KEYWORDS:* Bloom's: Analyze