Invitation to Health 17th edition Hales Test Bank

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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

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