

1. **My ability to recruit you into STRESS is more powerful than my ability to recruit you into EMPATHY.**

- a. It is easier for me to engage you in an action involving violence or fear than to recruit you in a peaceful activity.
- b. It is easier for me to have a conversation with you about stress than to have a conversation about empathy.

2. **I really believe that what we are seeing now in the world is a call to arms or a request from mother nature to have everybody learn how to control their autonomic nervous system a little bit better or ideally a lot better.**

- a. Learning to control one's reactions is paramount in today's society.
- b. The world is calling us to fight for our civil rights.

3. **As a culture we are experiencing an extraordinary poverty of attention and focus, we are so distracted by our devices.**

- a. There has been a significant decrease of focus for most people, partly due to technology.
- b. There are a lot of poor people in the world who have fun using modern technology.

4. **Frustration and mild anger are the No. 1 brain areas people like to stimulate.**

- a. People feel happier when they stimulate the part of the brain associated with negative feelings like irritation or disappointment.
- b. Most people generally stimulate only one part of their brain while using technology.

5. **Hyper alert stress is when...**

- a. you feel sad, anxious, insecure.
- b. you are too activated, pupils dilate, your heart is beating fast. You enter in the fight-or-flight response.

6. **When you are in hyper alert stress you should...**

- a. try to control your anxiety.
- b. calm down, try to not act by impulses.

7. **If you practice the physiological sigh you are likely to ...**

- a. fall asleep instantly.
- b. calm down.
- c. become smarter.

8. **A person in hyper alert stress is generally prone to...**

- a. listen carefully and patiently to somebody else telling her/him to calm down.
- b. act by impulses.

9. **In a stressful situation one should...**

- a. act as they feel in that particular moment, no matter the consequences.
- b. look to the body trying to find out mechanical tricks to calm down.

10. **Children and puppies don't have top-down control, there is no limbic friction which means ...**

- a. they generally act by impulses.
- b. they always act according to some social and behaviour norms.

11. **The diaphragm, the only skeletal muscle that was designed to be moved voluntarily, can:**

- a. have control over your brain state.
- b. help you enjoy your favourite type of chocolate.

12. **The brain knows what the body is doing by how fast the diaphragm is moving.**

- a. True
- b. False

13. **When you breathe quickly, the brain says:**

- a. "I must be alert, I'm going to start secreting some noradrenaline!"
- b. "I must go to sleep!"

14. When you breathe slowly, the level of noradrenaline drops down and you feel:

- a. more relaxed
- b. more stressed

15. Trying to control your mind with the mind is like grabbing fog: it's just keeps moving.

- a. This suggests a practical solution to control your mind.
- a. This suggests an outdoor training idea.
- b. This suggests a purposeless activity.

16. The phrenic nerve is a wire that goes into your diaphragm and moves it.

- a. True
- b. False

17. Engaging in top-down control can help you:

- a. take control on what happens inside your body.
- b. take control on your mind.

18. The physiological sigh is ...

- a. a breathing technique that can ramp yourself up.
- b. a breathing technique that can bring yourself down.
- c. the part of the car which helps the driver stabilize it.

19. When we inhale, it feels like everything is moving up but actually our diaphragm is moving down. Our heart literally gets a little bigger, so the blood in the heart moves a little slower because it has more space so the brain sends a signal to the heart:

- a. "OK, let's speed up the heart rate!"
- b. "OK, let's have a break!"
- c. "OK, let's have a mint and lime Mohito!"

20. Longer and more vigorous inhales will ...

- a. slow down the heart rate and make you feel more relaxed.
- b. speed up the heart rate and make you more alert.
- c. make you look a little bit funny

21. Longer and more vigorous exhales will ...

- a. slow down the heart rate and make you less alert, calm down.
- b. will make you laugh through your tears
- b. slow down the heart rate and make you more relaxed

22. If your heart is speeding up...

- a. your brain is slowing down
- b. your brain is speeding up.
- c. your brain says that you might be in love

23. If your heart is speeding down ...

- a. your brain is speeding down.
- b. your brain is speeding up
- c. your brain actually has no idea what is going on

24. If your mind is NOT where you want it to be, you can apply the following steps. Which is the correct order?

- The diaphragm moves and changes the heart rate.
- The heart rate sends a signal to the brain.
- Use your breath to control the diaphragm.
- The brain will help you control your mind and adjust your state of mind.

25. The content of this lesson was:

- a. too difficult for me because I am not really fond of neuroscience.
- b. challenging because I learned some interesting facts about the human body.
- c. too easy because I am familiar with most of these data.
- d. too confusing. This is all Greek to me!