

READING ACTIVITY (EMOTIONS – BRAIN)

1. What is not mentioned in the reading as being part of a quality relationship?
 - A. enthusiasm
 - B. sharing of feelings
 - C. mutual respect
2. What is not given as a way people can include spirituality in their daily lives?
 - A. going to a place of worship
 - B. taking long walks in nature
 - C. getting regular exercise
3. What is not part of being mindful?
 - A. focusing on this moment
 - B. enjoying the memory of a past experience
 - C. taking pleasure in what you are doing at this time
4. Why doesn't the brain remember positive experiences as much as negative ones?
 - A. Our ancestors didn't understand what made them happy.
 - B. Positive experiences like having food and shelter were necessary for the survival of our ancestors.
 - C. Positive experiences were not as important for the survival of our ancestors as negative ones.
5. The writer probably believes that _____ can help someone experiencing depression.
 - A. learning to make art
 - B. starting an exercise program.
 - C. learning to play the piano or guitar

6. What would the author think is not a way of caring for the well-being of others?
- A. practicing yoga or meditation
 - B. volunteering at a home for old people
 - C. giving advice to a friend who has marriage problems
7. What is part of thinking positively?
- A. appreciating what we have
 - B. wishing that we could change the past
 - C. feeling bad about decisions we have made
8. According to the reading, people are in a state of flow when _____ .
- A. time seems to pass very quickly
 - B. we feel the need to help others
 - C. people include spirituality in their daily lives
9. Things we cannot control that affect our level of happiness are _____ .
- A. our genes
 - B. the number and quality of relationships we have
 - C. the number of volunteer positions we have
10. How does the author explain spirituality?
- A. It is a way or recognizing the need to protect and preserve the beauty of nature.
 - B. It is a way of making new friends.
 - C. It is a way of recognizing and trying to understand the wonder and beauty of life.