

SESSION 1: OVERVIEW OF MIND BODY TECHNIQUES

QUESTION 1

To deepen the experience of the relaxation response patients should do which of the following?

CHOOSE ONE

- Learn one meditation technique and stick with it.
- Master one method first before trying to build skill in another.
- Rely on guided meditations.
- Build skill in a variety of methods.

QUESTION 2

Which of the following is a benefit of the relaxation response?

CHOOSE ONE

- Decreased vagal tone and decreased heart rate variability.
- Increased anti oxidizing cellular mechanisms that counter the NfkB signal of stress.
- Increased neural plasticity in bottom-up cortical brain regions.
- Increased oxidative stress and neuro-inflammation.

QUESTION 3

Signs that you've likely elicited the relaxation response include:

CHOOSE ONE

- Mind is quieter and breath is deeper
- Breath is deeper and more frequent
- Salivation is reduced and muscles feel more toned
- Self-awareness is reduced

QUESTION 4

The relaxation response has therapeutic effects on many conditions including mood disorders, diabetes, and auto immune diseases. What is the underlying mechanism that leads to these positive effects?

CHOOSE ONE

- Increased allostatic load
- Decreased allostatic load
- Increased allostasis
- Increased HPA activation

QUESTION 5

When first learning to elicit the relaxation response, patients may worry about "doing it right." Which response is likely to exacerbate their worry and compromise learning?

CHOOSE ONE

- Validating that this is a common concern and that although the practice is simple, it's challenging to do for any length of time.

- Letting them know that most people experience their mind wandering every few minutes, but with practice, they will develop the ability to sustain attention.
- Saying that many find it helpful to focus on emptying their mind of all thought.
- Reviewing changes that are likely to result from the relaxation response and provide a simple biofeedback measure that will give them positive feedback.

QUESTION 6

The relaxation response is:

CHOOSE ONE

- A skill to be developed.
- An inborn error of metabolism.
- An innate physiology that triggers a mind body interaction.
- A meditation-induced state of mind.

QUESTION 7

These are essential features of the relaxation response:

CHOOSE ONE

- Focus and receptive awareness
- Meta cognition and thoughtful reasoning
- Mind wandering and freedom from thought
- Mental quietude and relaxation

QUESTION 8

To deepen a meditation practice which of the following is recommended?

CHOOSE ONE

- Distraction to support the practice of attention regulation
- A quiet, calm environment
- Multiple sensory cues to enhance feeling over thinking
- Reflection on how the mind produces thought

QUESTION 9

Which statement is FALSE?

CHOOSE ONE

- The relaxation response is experienced along a continuum.
- The relaxation response is deepened with practice.
- The relaxation response is very hard to learn.
- The relaxation response develops beneficial neural change.

QUESTION 10

Which is NOT a reliable biofeedback measurement of the relaxation response?

CHOOSE ONE

- Core temperature
- Heart rate variability

- Neuro feedback
- Skin resistance

QUESTION 11

In discussing the use of MINIS with your patients, which does NOT apply?

CHOOSE ONE

- MINIS are brief relaxation exercises you can practice throughout the day.
- MINIS help to build self-awareness and self-regulation.
- MINIS elicit the relaxation response with one or two mindful breaths.
- MINIS can be a convenient substitute for a daily meditation practice.

QUESTION 12

What would make it harder to build meditation skills?

CHOOSE ONE

- Practice at the same time of day.
- Practice in a variety of environments.
- Practice with soothing sounds or fragrances.
- Practice in a quiet environment.

QUESTION 13

Ideally a meditation practice is supported by:

CHOOSE ONE

- Routine practice
- Duration
- Adding Minis
- Distractions