

***Health: The Basics, 10e* (Donatelle)**

**Chapter 2A Focus On: Cultivating Your Spiritual Health**

1) Becoming a more loving person and developing a meaningful philosophy of life are indicators of a person's

- A) level of intelligence.
- B) sense of beauty.
- C) spiritual growth.
- D) resiliency.

Answer: C

Diff: 2 Page Ref: 57

Skill: Understanding

2) What role does religion play in spirituality?

- A) Spirituality may or may not include participation in organized religion.
- B) Religion is the same as spirituality.
- C) Religion is the only parameter to determine a person's level of spirituality.
- D) Spirituality and religion do not share any common elements.

Answer: A

Diff: 2 Page Ref: 56

Skill: Understanding

3) The definition of spirituality for an individual is

- A) a personal quest.
- B) symbolic and ritualistic.
- C) determined by the religious community of the family.
- D) tied to attitudes about material goods and wealth.

Answer: A

Diff: 2 Page Ref: 56

Skill: Understanding

4) A philosophy embraced by all major religions is the concept of

- A) regular attendance at religious services.
- B) prayer through music.
- C) a church as an organized group providing service to others.
- D) oneness with a greater power.

Answer: D

Diff: 2 Page Ref: 56

Skill: Understanding

- 5) The three facets of human spirituality are
- A) praise, relationships, and service.
  - B) cultural norms, family traditions, and values.
  - C) relationships, values, and purpose in life.
  - D) gratitude, service, and purpose in life.

Answer: C

Diff: 2 Page Ref: 57

Skill: Understanding

6) Jordan values material goods but has decided that this behavior detracts from his spirituality. Which of the following would BEST take Jordan's focus off materialism and encourage altruism?

- A) Enjoying a quiet hour communing with nature
- B) Going out with friends
- C) Volunteering to serve meals at a homeless shelter
- D) Participating in a yoga class

Answer: C

Diff: 2 Page Ref: 63

Skill: Applying

7) Which of the following is a key component of healthy relationships?

- A) having lots of friends.
- B) treating others with respect.
- C) seeking out friends with similar interests.
- D) having self-awareness.

Answer: B

Diff: 2 Page Ref: 57

Skill: Understanding

8) Which of the following presents a conflict between values and behaviors?

- A) Valuing friendships but having to mend a quarrel with a friend
- B) Loving animals but not owning a pet
- C) Valuing honesty but cheating on a test
- D) Enjoying alone time but having a roommate

Answer: C

Diff: 2 Page Ref: 57

Skill: Applying

9) Spiritual intelligence can be described as the ability to

- A) be spontaneous.
- B) understand complex religious teachings.
- C) be self-aware.
- D) use meanings, values, and a sense of purpose to live a richer life.

Answer: D

Diff: 2 Page Ref: 57

Skill: Understanding

- 10) A number of studies have shown a positive relationship between spiritual health and
- A) physical health.
  - B) academic performance.
  - C) self-control.
  - D) social health.

Answer: A

Diff: 1 Page Ref: 57-58

Skill: Understanding

- 11) According to the National Cancer Institute, spiritual well-being improves the quality of life of individuals suffering from an illness by
- A) preventing the need for psychological or religious counseling.
  - B) increasing the ability to cope with physical effects and medical treatment.
  - C) bringing him or her closer to family members.
  - D) using meditation to lower respiratory and heart rates.

Answer: B

Diff: 2 Page Ref: 58

Skill: Understanding

- 12) In the practice of yoga, physical poses, which can be restful or strenuous, are called
- A) asanas.
  - B) mantras.
  - C) chakras.
  - D) meditations.

Answer: A

Diff: 1 Page Ref: 59

Skill: Remembering

- 13) Spiritual health contributes to a reduction in
- A) disputes with others.
  - B) stress levels.
  - C) work hours.
  - D) psychological health.

Answer: B

Diff: 1 Page Ref: 58

Skill: Understanding

- 14) Jill wants to enhance her spirituality. Which of the following practices would be most helpful in accomplishing her goal?
- A) Spending more time reading
  - B) Spending more time with friends
  - C) Beginning a contemplative yoga practice
  - D) Deciding to convert to a different religion

Answer: C

Diff: 2 Page Ref: 59

Skill: Applying

15) Which of the following activities deprives the senses?

- A) Closing the eyes and sitting in silence
- B) Inhaling the scent of a floral arrangement
- C) Sitting quietly next to a stream
- D) Listening to soft music

Answer: A

Diff: 2 Page Ref: 59

Skill: Applying

16) The spiritual practice that involves focused, nonjudgmental observation and the ability to be fully present in the moment is

- A) contemplation.
- B) forgiveness.
- C) meditation.
- D) mindfulness.

Answer: D

Diff: 1 Page Ref: 60

Skill: Remembering

17) Ricardo finds that when he tries to relax and enjoy nature by taking a quiet walk, a constant stream of thoughts and worries distracts him. To help him focus on the beauty of his surroundings, Ricardo could use which ancient spiritual practice?

- A) Mindfulness
- B) Meditation
- C) Contemplation
- D) Prayer

Answer: A

Diff: 2 Page Ref: 60

Skill: Applying

18) Meditation involves

- A) focusing on a single thought.
- B) contemplation of a spiritual question.
- C) quieting the mind's noise to find stillness.
- D) stretching and relaxing the muscles.

Answer: C

Diff: 1 Page Ref: 61-62

Skill: Understanding

19) Studies have shown that experienced meditators have an increased capacity for

- A) empathy.
- B) falling asleep.
- C) analyzing data quickly.
- D) expanding the lungs.

Answer: A

Diff: 2 Page Ref: 62

Skill: Understanding

- 20) A single word repeated silently or aloud as part of meditation is a
- A) mantra.
  - B) method of counting breaths.
  - C) symbol.
  - D) name for God.

Answer: A

Diff: 1 Page Ref: 62

Skill: Understanding

- 21) During meditation, Madhvi finds that thoughts pop up and distract her. When this happens she should

- A) stop meditating until she can refocus.
- B) release the thought and return to meditating.
- C) realize that she is not well-suited for meditation.
- D) get up and move around and then try again.

Answer: B

Diff: 2 Page Ref: 62

Skill: Applying

- 22) Prayer is a way to

- A) empty the mind and find stillness.
- B) send wishes of kindness or forgiveness to other people.
- C) communicate with a transcendent presence or higher power.
- D) contemplate difficult issues.

Answer: C

Diff: 1 Page Ref: 62-63

Skill: Understanding

- 23) Which of the following is an example of altruism?

- A) Volunteering at an animal shelter
- B) Thanking someone who helped you
- C) Being environmentally conscientious
- D) Having faith in a higher power

Answer: A

Diff: 2 Page Ref: 63

Skill: Understanding

- 24) The EPA recognizes actions such as recycling, using more energy-efficient appliances, and reducing energy consumption as

- A) environmentally sound.
- B) environmental stewardship.
- C) volunteerism.
- D) altruism.

Answer: B

Diff: 2 Page Ref: 63

Skill: Understanding

25) According to author and environmentalist Stephanie Kaza, what does it mean to be *mindfully green*?

- A) To engage in public campaigns to raise awareness of environmental issues.
- B) To use efforts to help the environment to cultivate emotional well-being.
- C) To take an ethical and spiritual approach to environmental concerns
- D) To meditate every day and reduce energy consumption.

Answer: C

Diff: 2 Page Ref: 61

Skill: Understanding

26) A system of beliefs, practices, rituals, and symbols whose purpose is to bring people closer to the sacred or transcendent is

- A) doctrine.
- B) religion.
- C) spirituality.
- D) orthodoxy.

Answer: B

Diff: 1 Page Ref: 56

Skill: Remembering

27) Religion is distinguished from spirituality due to its

- A) focus on community.
- B) focus on the individual.
- C) lack of doctrine.
- D) subjective format.

Answer: A

Diff: 2 Page Ref: 56

Skill: Understanding

28) In many cultures, breath, or the force that animates life is synonymous with

- A) faith.
- B) energy.
- C) heart.
- D) spirit.

Answer: D

Diff: 1 Page Ref: 55-56

Skill: Remembering

29) Spiritual health is one of the six key dimensions of

- A) emotional health.
- B) success in life.
- C) overall health.
- D) social health.

Answer: C

Diff: 1 Page Ref: 55

Skill: Remembering

30) Giving of oneself out of genuine concern for others is

- A) patriotism.
- B) altruism.
- C) spirituality.
- D) stewardship.

Answer: B

Diff: 1 Page Ref: 63

Skill: Remembering

31) Which spiritual practice is Maria engaging in when she takes some quiet time to think about the ethical issues involved in human trafficking?

- A) Prayer
- B) Meditation
- C) Contemplation
- D) Mindfulness

Answer: C

Diff: 2 Page Ref: 60

Skill: Applying

32) Nancy practices the *hatha* style of a form of mind/body training, which emphasizes flexibility and deep breathing. Which type of practice is she engaged in?

- A) Yoga
- B) Meditation
- C) Contemplation
- D) Mindfulness

Answer: A

Diff: 2 Page Ref: 59

Skill: Applying

33) A state of alignment with one's own inner wisdom, values, and vision that serves as a guide in finding a moral and ethical path through life is

- A) spiritual intelligence.
- B) stewardship.
- C) religious belief.
- D) purpose.

Answer: A

Diff: 1 Page Ref: 57

Skill: Remembering

34) Principles that guide the choices individuals make in their lives are

- A) rules.
- B) values.
- C) beliefs.
- D) traditions.

Answer: B

Diff: 1 Page Ref: 59

Skill: Remembering

35) College freshmen are more likely than juniors and seniors to volunteer for community service programs.

Answer: FALSE

Diff: 1 Page Ref: 55

Skill: Understanding

36) Religion and spirituality are synonymous.

Answer: FALSE

Diff: 1 Page Ref: 56

Skill: Understanding

37) Finding one's purpose in life is part of developing spiritual health.

Answer: TRUE

Diff: 2 Page Ref: 57

Skill: Applying

38) The three facets of spirituality are relationships, values, and chosen occupation.

Answer: FALSE

Diff: 2 Page Ref: 57

Skill: Remembering

39) Claiming to value nature but tossing litter on the side of the road is an example of behavior not following one's declared values.

Answer: TRUE

Diff: 2 Page Ref: 57

Skill: Applying

40) Having spiritual intelligence means that a person knows all the characteristics of spirituality.

Answer: FALSE

Diff: 1 Page Ref: 57

Skill: Understanding

41) Studies have shown a connection between spirituality and both physical and psychological health.

Answer: TRUE

Diff: 1 Page Ref: 57-58

Skill: Understanding

42) Various forms of regular exercise, such as swimming or biking, that enhance energy and mental focus can contribute to spiritual health.

Answer: TRUE

Diff: 2 Page Ref: 59

Skill: Understanding

43) Engaging all the physical senses detracts from spirituality.

Answer: FALSE

Diff: 2 Page Ref: 59

Skill: Understanding



44) For most people, pursuing psychological counseling has no relationship to spiritual health.

Answer: FALSE

Diff: 2 Page Ref: 59

Skill: Understanding

45) Compare and contrast religion and spirituality.

Answer: Religion can be a component of spirituality, and the two share some commonalities, but they are not the same. Religion is community focused; spirituality is individualistic. Religion is measurable and objective; spirituality is subjective. Religion is systematic, orthodox, and organized; spirituality is less orthodox and not formal. Religion is behavior-oriented with outward practices; spirituality is emotionally oriented with inward practices. Religion is authoritarian; spirituality is not authoritarian. Religion is doctrine oriented; spirituality is not doctrine oriented.

Diff: 2 Page Ref: 56

Skill: Analyzing

46) Carlita is graduating soon and considering career options. What are some aspects she should consider if she wants her career choice to be in alignment with what she sees as her purpose in life?

Answer: She should think about her values and what is most important in her life to determine her purpose and then seek a career that is compatible with her purpose.

Diff: 2 Page Ref: 57

Skill: Applying

47) How does spiritual health contribute to physical health?

Answer: There is an association between spiritual health and positive physiological changes. Studies have shown that spiritual health improves immunity, decreases the risk of cardiovascular disease, decreases anxiety and depression, decreases alcohol and drug abuse, improves the ability to cope with illness and medical treatments, and increases feelings of optimism and hope.

Diff: 2 Page Ref: 57-58

Skill: Understanding

48) What are some ways to improve spirituality by training the body?

Answer: Certain forms of yoga, especially those that emphasize controlled breathing, chanting, and meditation, have been a part of spiritual practice for centuries and can be practiced today; classes are available at yoga centers and many other fitness locations. Various forms of Eastern meditative movement techniques, such as tai chi, and exercise in general can energize the body and sharpen mental focus, thus contributing to spiritual health.

Diff: 2 Page Ref: 59

Skill: Understanding