

Name \_\_\_\_\_

## Can Mindfulness Help Me When I'm Feeling Stressed or Anxious?

### Multiple Choice Questions

1. How can mindfulness help with stress and anxiety?
  - a) By making stress and anxiety disappear completely
  - b) By ignoring stressful thoughts and feelings
  - c) By acknowledging and observing thoughts without judgment
  - d) By creating more stress and anxiety
  
2. What did Max learn from practicing mindfulness?
  - a) To suppress his anxious thoughts
  - b) To become more anxious
  - c) To observe his anxious thoughts without judgment
  - d) To run away from his problems
  
3. Which mindfulness technique involves focusing on slow, deep breaths?
  - a) Mindful Coloring
  - b) Body Scan
  - c) Mindful Walk
  - d) Deep Breathing
  
4. How does mindfulness help with calming the mind during moments of stress?
  - a) By ignoring the stress
  - b) By making stress more overwhelming
  - c) By sending the breath to tense areas
  - d) By amplifying the stress
  
5. What is the purpose of mindful journaling?
  - a) To correct grammar and spelling mistakes
  - b) To create more stress
  - c) To acknowledge and release thoughts causing stress or anxiety
  - d) To keep thoughts hidden

