

Name \_\_\_\_\_

## Calm Your Mind, Unlock the Benefits: Mindfulness and Relaxation Techniques

### Multiple Choice Questions

1. What is mindfulness primarily about?
  - a) Ignoring your thoughts and emotions
  - b) Being fully present in the moment without judgment
  - c) Reacting to every thought and feeling
  - d) Worrying about the past and future
  
2. Which of the following is NOT a benefit of practicing mindfulness?
  - a) Reduced stress
  - b) Improved concentration
  - c) Increased self-awareness
  - d) Better memory recall
  
3. What is one commonly used relaxation technique mentioned in the passage?
  - a) Progressive Muscle Relaxation
  - b) Deep Breathing
  - c) Aggressive Muscle Tensing
  - d) Speed Yoga
  
4. How can relaxation techniques benefit your sleep?
  - a) They can make you sleep less.
  - b) They improve the quality of sleep and help you feel more rested.
  - c) They cause nightmares.
  - d) They only work for adults.
  
5. Who is the artist mentioned in the passage who practiced mindfulness and relaxation techniques?
  - a) Vincent van Gogh
  - b) Pablo Picasso
  - c) Leonardo da Vinci
  - d) Frida Kahlo

