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The Physiology of Mindfulness Study Guide

- 1) According to Jon Kabat-Zinn, mindfulness can be defined as:
 - a) distraction from technology.
 - b) paying attention, on purpose, in the present moment, non-judgmentally.
 - c) paying attention to inner experiences.
 - d) observing thoughts and feelings as they arise.

- 2) Mindfulness can decrease the perception of pain through:
 - a) increased relaxation.
 - b) decreasing size of nerve cells.
 - c) altering a person's reaction to pain.
 - d) distraction.

- 3) The Five Facets of Mindfulness (Baer, Smith, Hopkins, Krietemeyer & Toney, 2006) are:
 - a) non-striving, non-judgement, calm, openness, and concentration.
 - b) observing, describing, acting with awareness, non-judgment, and non-reactivity.
 - c) conscientiousness, openness, meditation, yoga, and patchouli.
 - d) relaxation, awareness, diffusion, presence, and self-compassion.

- 4) Mind wandering is associated with:
 - a) executive functions.
 - b) the default mode.
 - c) the limbic system.
 - d) the parasympathetic nervous system.

- 5) "Neuroplasticity" refers to the brain's ability to:
 - a) reorganize itself by forming new neural connections throughout life
 - b) heal after injury
 - c) retain memories into old age
 - d) effectively sort through recycling



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- 6) The _____ is part of the limbic system and plays a key role in processing emotions and activating the body's fear response.
- a) thalamus
 - b) prefrontal cortex
 - c) pituitary gland
 - d) amygdala