

Hack 2 – Mood Boosting Quiz

Note: Some questions may have more than one correct answer

- 1. What are three types of daily 'feel-good activities' that could boost your mood?**
 - a) Fun, sleep, happiness.
 - b) Enjoyment, relaxation, fulfillment.
 - c) Stress, worry, relief.
 - d) Learning, exercise, socializing.
- 2. Why is it important to have three types of feel-good activities every day instead of a few times a week?**
 - a) To trick your mood into being constantly happy.
 - b) To impress your friends so they will lift your mood.
 - c) To stop being bored and feeling lazy.
 - d) Daily mood boosting brings long-term happiness benefits.
- 3. What's the point of rewarding yourself for your achievements?**
 - a) It makes you motivated for more achievements.
 - b) It can boost your mood by acknowledging your successes.
 - c) It actually isn't good, as it will make you sad.
 - d) It's a way of getting stuff from your parents.
- 4. What does the "best friend technique" refer to in the context of silencing the self-critical parrot?**
 - a) Talking to your pet parrot.
 - b) Treating yourself as you would treat your best friend.
 - c) Criticizing your best friend.
 - d) A way to make more friends.

5. How can we put the self-critical parrot to sleep?
 - a) Tell it to be even more critical.
 - b) Ignore it completely and put a towel over its cage.
 - c) Ask it to speak louder.
 - d) Challenge what it says and replace it with a new loving language.
6. Why is gratitude journaling an important tool for mood boosting?
 - a) It helps a person focus on what good things they do have.
 - b) It can make a person feel ungrateful.
 - c) It can make you appreciate your talents and uniqueness.
 - d) It takes away boredom and helps you to sleep.
7. Which of the following are examples of a 'loving' parrot and not a 'critical' one?
 - a) "It wasn't an easy essay so you're not a failure if you got a bad grade".
 - b) "Poor you, you meant so well by trying to help even if it wasn't appreciated".
 - c) You know you always mess up, so why bother to try again?
 - d) You are a good person even if not everyone sees your qualities.
8. Why is exercise so effective but not a popular choice to boost mood?
 - a) It actually makes you feel worse and very sleepy.
 - b) It makes a person feel invincible.
 - c) It's hard to do something that you can't be bothered doing.
 - d) Mostly one only feels the emotional benefits after doing it.
9. Which of the following is not considered proper exercise?
 - a) Playing computer games.
 - b) Chatting to friends on a gentle walk.
 - c) Swimming.
 - d) Skipping.
10. What do we learn from the story about Alfred Noble?
 - a) Not to have a business selling dangerous things.
 - b) To think about what type of life you want to have.
 - c) To win a peace prize for scaring the parrot away.
 - d) Not to believe everything you read in a newspaper .

Answers:

1. D (A are not all activities)
2. D
3. A, B
4. B
5. B, D
6. A, C
7. A, B, D
8. C, D
9. A, B
10. B (D might be true but not relevant to this hack 😊)