

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **Your Blueprint for High-Stakes Resilience: 10th Grade Wellness Quiz**

Analyze complex cognitive distortions and systemic barriers to professional mental health support in this rigorous formative assessment for health scholars.

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**1. A student utilizes 'Cognitive Reframing' to view a failed debate competition not as a personal deficit, but as a data-driven opportunity to improve rhetorical strategy. Which psychological concept does this process best exemplify?**

- A. Learned Helplessness
- B. Post-Traumatic Growth
- C. Cognitive Appraisal
- D. Confirmation Bias

**2. The 'Stigma of Excellence' or 'High-Functioning' mask can be a significant barrier to seeking help because the individual's outward success often hides internal psychological distress from peers and educators.**

- A. True
- B. False

**3. To counteract the physiological effects of acute stress, such as the activation of the sympathetic nervous system, one can engage the \_\_\_\_\_ nerve through diaphragmatic breathing.**

- A. Sciatic
- B. Vagus
- C. Trigeminal
- D. Optic

**4. Consider the 'Hedonic Treadmill' theory. How does building emotional resilience help an individual navigate the inevitable return to a baseline state of happiness after a major life victory or setback?**

- A. It ensures that the individual remains in a permanent state of euphoria.
- B. It allows the individual to bypass the baseline and set a new, unchangeable peak.
- C. It facilitates a faster, more stable return to equilibrium by processing the emotional 'delta'.
- D. It prevents the individual from experiencing any emotional reaction to external events.

**5. True or False: Using 'Maladaptive Coping' strategies, such as excessive social media escapism, provides the same long-term neurobiological benefits as 'Adaptive Coping' strategies like physical exercise.**

- A. True
- B. False

**6. When a person experiences 'Burnout,' they often suffer from \_\_\_\_\_, which is a sense of detachment from one's own mental processes or body, acting as a failing defense mechanism.**

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- A. Hyper-vigilance
- B. Depersonalization
- C. Altruism
- D. Neuroplasticity

**7. Evaluate the following scenario: A peer is showing signs of 'Anhedonia' (loss of interest in previously enjoyed activities) for over three weeks. According to clinical standards, what is the most appropriate evaluation of this situation?**

- A. It is a normal part of the adolescent identity crisis and requires no action.
- B. It indicates a temporary 'slump' that is best treated by increased academic pressure.
- C. It is a clinical red flag that necessitates a referral to a licensed mental health professional.
- D. It suggests the person simply needs better time management skills to regain their interests.

**8. In the context of seeking help, 'Self-Efficacy' refers to an individual's \_\_\_\_\_ in their own ability to execute the behaviors necessary to reach a specific goal, such as managing a mental health condition.**

- A. Indifference
- B. Belief
- C. Ignorance
- D. Reluctance

**9. Which of the following describes a 'Systemic Barrier' to mental health care, as opposed to an individual or personal barrier?**

- A. An individual feeling shy about discussing their emotions with a counselor.
- B. A lack of local clinics that accept the family's health insurance provider.
- C. A student's personal belief that they can handle their stress without help.
- D. A preference for journaling over talking to a supportive friend.

**10. Emotional Granularity—the ability to put a specific name to a complex emotion (e.g., 'bittersweet' instead of 'sad')—is statistically linked to better emotional regulation and healthier coping responses.**

- A. True
- B. False