

## Neon Nerve: 7th Grade High-Stakes Mental Resilience Quiz

Calculate the psychological impact of micro-stressors and synthesize defensive cognitive strategies used by elite performers to maintain equilibrium under pressure.

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**1. Lina is a competitive chess player who suffers a devastating loss in a tournament. Instead of quitting, she analyzes her gameplay to identify specific tactical errors. This behavior primarily demonstrates which pillar of emotional health?**

- A. Cognitive Dissonance
- B. External Locus of Control
- C. Growth-Oriented Resilience
- D. Passive Suppression

**2. When an individual experiences a perceived threat, the body triggers the \_\_\_ response, which must be consciously managed to avoid chronic exhaustion.**

- A. Rest and Digest
- B. Homeostatic Plateaus
- C. Fight-Flight-Freeze
- D. Circadian Rhythm

**3. True or False: Adaptive coping mechanisms, such as cognitive reframing, are intended to eliminate all negative emotions from a person's life.**

- A. True
- B. False

**4. Which of the following scenarios best illustrates the concept of 'scaffolding' your own mental health support during a period of intense transition?**

- A. Waiting until a total breakdown occurs before speaking to a professional.
- B. Isolating yourself to ensure others aren't burdened by your stress.
- C. Identifying a trusted teacher, a peer mentor, and a family member as a multi-layered safety net.
- D. Focusing solely on physical fitness to ignore underlying emotional symptoms.

**5. The psychological process of \_\_\_ involves challenging irrational thoughts, such as 'I am a failure because I missed one goal,' and replacing them with evidence-based logic.**

- A. Emotional Diffusion
- B. Cognitive Reframing
- C. Social Compartmentalization
- D. Stoic Avoidance

**6. True or False: Seeking professional help for mental health is an indicator of emotional maturity and a high level of self-evaluation skills.**

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

- A. True
- B. False

**7. What is the primary difference between a 'maladaptive' coping mechanism and an 'adaptive' one?**

- A. Maladaptive strategies are only used by adults, while adaptive ones are for students.
- B. Adaptive strategies reduce stress in the long term, while maladaptive ones provide temporary relief but cause future harm.
- C. There is no difference; all coping mechanisms are equally valid if they work for a few minutes.
- D. Adaptive mechanisms require a doctor's prescription, whereas maladaptive ones do not.

**8. In the 'Staircase of Support' model, if a student feels persistent sadness that interferes with daily life for over two weeks, the most appropriate next step is \_\_\_\_.**

- A. Self-isolation
- B. Clinical Consultation
- C. Strenuous Physical Exercise
- D. Academic Denial

**9. An architect is overwhelmed by a deadline and decides to 'chunk' the project into smaller, manageable tasks while scheduling 10-minute mental breaks. This is an evaluation of:**

- A. Aviation Stress Control
- B. Executive Functioning and Stress Management
- C. Subconscious Avoidance
- D. Genetic Predisposition

**10. True or False: Radical acceptance—the practice of accepting a difficult situation without trying to change or judge it—can actually reduce emotional suffering.**

- A. True
- B. False