



## Curso de Salud y Bienestar en el Mundo Actual



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Calificación

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Aciertos

1. What are the 3 steps that create a habit?

Cue or trigger, response and reward.



2. Which are the stages of change according to the TTM of behavioral change?

Precontemplation, contemplation, preparation, action, and maintenance.



3. Which are the core emotions according to Plutchik?

Joy, trust, fear, surprise, sadness, anticipation, anger and disgust.



4. What are the symptoms of someone having a stroke?

Face (drooping), arm (weakness), speech (slurred), time (critical).



5. What are the dietary guidelines for adults?

All are correct.



6. What are the main differences between micro and macronutrients?

Macros are needed in large amounts, are the main components of the foods we eat and maintain the structure of our body. Micros are divided into vitamins and minerals; required in small amounts to sustain the normal function of the body.



7. Which are the guidelines of physical activity for adults to positively impact your health?

2.5 to 5 hours a week of moderate intensity or 1 hour and 15 minutes to 2.5 hours per week of vigorous intensity.



8. Which are the main health repercussions of cigarette smoking?

Heart attack, stroke, cancer, emphysema, impaired reproductive function, low immune response.



9. What does the acronym SMART mean in the process of goal setting?

Smart stands for Specific, Measurable, Attainable, Relevant and Time Bound.



10. Which are the 2 main stress hormones?

Cortisol and adrenaline.



11. How can mindfulness affect your sleep?

It helps you recognize what makes you anxious, helps quiet your mind, being present in your body focusing on your breath.



12. How does compassion help you in communicating?

It helps you recognize the anxiety you may have interacting with others, helps you to be present and actively listening, it helps you keep your emotions at bay.



13. It is a healing modality from Japan in which energy is transferred, enhanced or unlocked through the wisdom and skills of the practitioner.

Reiki



14. Which of the following is NOT a healing practice?

Play videogames



**REGRESAR**