

Unit 8 - Flow, Mindfulness and Spirituality

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Flow, Mindfulness and Spirituality

Flow

Mindfulness

Spirituality, Grit & Mindset

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Assignment 6: Flow, Mindfulness and Spirituality

The due date for submitting this assignment has passed.

Due on 2019-09-11, 23:59 IST.

As per our records you have not submitted this assignment.

1) Which of the following intervention programs are used for cultivating mindfulness? 1 point

- Mindfulness-Based Cognitive Therapy (MBCT)
- Acceptance and Commitment Therapy (ACT)
- Eye Movement Desensitization and reprocessing Therapy (EMDR)
- Mindfulness-Based Stress Reduction (MBSR)

No, the answer is incorrect.

Score: 0

Accepted Answers:

Mindfulness-Based Cognitive Therapy (MBCT)

Acceptance and Commitment Therapy (ACT)

Mindfulness-Based Stress Reduction (MBSR)

2) State True or False: 1 point

When we are mindful, our behaviour is governed by rules and routines.

- True
- False

No, the answer is incorrect.

Score: 0

Accepted Answers:

False

3) In the context of the flow model, what will be the outcome when challenges outweigh skills? 1 point

- Boredom
- Flow
- Apathy
- Anxiety

No, the answer is incorrect.

Score: 0

Accepted Answers:

Anxiety

4) State True or False: 1 point

One of the most noticeable difference between religion and spirituality is that religion preaches and commands while spirituality inspires.

- True
- False

No, the answer is incorrect.

Score: 0

Accepted Answers:

True

5) Which term best describes the brain changes that occur in response to experience? 1 point

- Consciousness
- Neuroplasticity
- Reflex action
- Neuroimaging

No, the answer is incorrect.

Score: 0

Accepted Answers:

Neuroplasticity

6) A passionate commitment to a single mission and an unwavering dedication to achieve that mission is best described as which of the following? 1 point

- Growth Mindset
- Flow
- Grit
- Self-efficacy

No, the answer is incorrect.

Score: 0

Accepted Answers:

Grit

7) Which of the following features would you associate with a person who has a growth mindset? 1 point

- Sees intelligence as malleable
- Ignores useful criticism
- Believes ability is developed
- Sees personality as fixed

No, the answer is incorrect.

Score: 0

Accepted Answers:

Sees intelligence as malleable

Believes ability is developed

8) In reference to the various paths of Yoga, the path of wisdom to self-realization and enlightenment (yoga of mind) is achieved through: 0 points

- Bhakti Yoga
- Hatha Yoga
- Raja Yoga
- Gyana Yoga

No, the answer is incorrect.

Score: 0

Accepted Answers:

Raja Yoga

9) Inner directedness and spirituality are core features of: 1 point

- Psychology in India
- Indian Psychology
- Mainstream Psychology
- None of the above

No, the answer is incorrect.

Score: 0

Accepted Answers:

Indian Psychology

10) Which of the following are characteristics of a flow state? 1 point

- A clear separation between one's action and awareness
- A sense that one can control one's actions
- Intense and focused concentration on the task at hand
- Distortion of temporal experience

No, the answer is incorrect.

Score: 0

Accepted Answers:

A sense that one can control one's actions

Intense and focused concentration on the task at hand

Distortion of temporal experience