Teacher Answer Key

Case Study

1. She experienced a stress-related illness from her overwhelming schedule, prompting her to try mindfulness.

2. Writing down two things she was grateful for before bed helped shift her to more positive thinking.

Multiple Choice

1. B

2. A

3. B

Matching

1-C, 2-E, 3-A, 4-B, 5-D

Fill-in-the-Blank

1) Mindfulness, 2) deep breathing, 3) concentration (or focus)

Short Answer (Sample Responses)

Q1: Regularly reflecting on positives can train your brain to notice good things more often, reducing pessimism and stress.

Q2: Body scans help you identify areas of tension and consciously relax them, improving relaxation and bodily awareness.

Q3: Mindfulness involves observing thoughts as they arise rather than forcing them away, allowing for acceptance and gentle redirection of attention.