

Quiz with Scoring:

Each question is worth **1 point**. There are 10 questions, so the maximum score is **10 points**.

1. **Which type of rest is achieved through activities like yoga and massage?**
 - ☐ a) Mental Rest
 - ☐ b) Emotional Rest
 - ☒ **c) Physical Rest** (1 point)
 - ☐ d) Sensory Rest
2. **Which type of rest might involve meditating or listening to music?**
 - ☐ a) Spiritual Rest
 - ☒ **b) Mental Rest** (1 point)
 - ☐ c) Social Rest
 - ☐ d) Creative Rest
3. **If someone feels drained after social interactions, they might need which type of rest?**
 - ☐ a) Physical Rest
 - ☐ b) Sensory Rest
 - ☐ c) Emotional Rest
 - ☒ **d) Social Rest** (1 point)
4. **Which type of rest can help with feelings of self-doubt and insecurity?**
 - ☐ a) Creative Rest
 - ☒ **b) Emotional Rest** (1 point)
 - ☐ c) Sensory Rest
 - ☐ d) Social Rest
5. **What is one way to practice spiritual rest?**
 - ☐ a) Taking frequent naps
 - ☒ **b) Practicing gratitude daily** (1 point)
 - ☐ c) Avoiding all social interactions
 - ☐ d) Working longer hours
6. **What symptom indicates a need for sensory rest?**
 - ☐ a) Feeling lonely

- ☐ **b) Eye fatigue and strain** (1 point)
 - ☐ c) Lack of motivation
 - ☐ d) Difficulty brainstorming
7. **Creative rest can be enhanced by which of the following activities?**
- ☐ **a) Spending time in nature** (1 point)
 - ☐ b) Avoiding physical activity
 - ☐ c) Engaging in continuous brainstorming
 - ☐ d) Watching television
8. **Social rest involves taking time away from people who _____ you.**
- ☐ a) Support
 - ☐ b) Ignore
 - ☐ c) Uplift
 - ☐ **d) Drain** (1 point)
9. **Which type of rest could involve spending time in nature or going to shows?**
- ☐ a) Mental Rest
 - ☐ **b) Creative Rest** (1 point)
 - ☐ c) Emotional Rest
 - ☐ d) Sensory Rest
10. **Which rest is recommended when you experience mental fog and irritability?**
- ☐ a) Physical Rest
 - ☐ b) Social Rest
 - ☐ **c) Mental Rest** (1 point)
 - ☐ d) Spiritual Rest
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Scoring System:

- **10 points:** Excellent understanding of the different types of rest.
- **8-9 points:** Good understanding with minor areas to improve.
- **6-7 points:** Fair understanding, but could benefit from a review.
- **5 or below:** Needs more review and comprehension of the different types of rest.

This scoring system helps gauge the quiz-taker's comprehension of the material discussed.

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