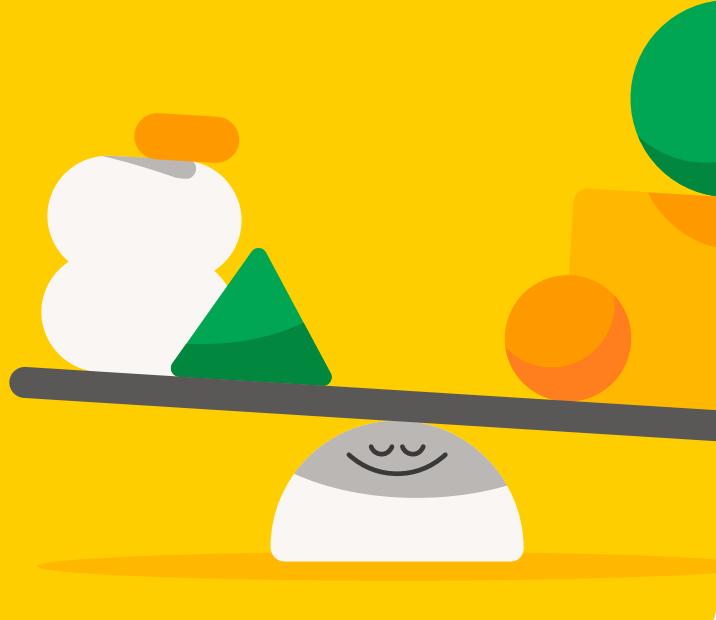


Ten-minute trivia break

A trivia activity can bring us together, give a quick dopamine hit, and allow us to laugh our stresses away. To add a little levity to our day, we will take 10 minutes for a trivia break about mindfulness.

Grab a pen and piece of paper to keep track of your answers. For each correct answer, award yourself a point. Get ready – it's trivia time.



QUESTION 1 Mindfulness is...

- A. Being calm all the time
- B. Ridding oneself of all negative emotions
- C. Paying attention to the present moment
- D. Sitting legs-crossed with your eyes closed

ANSWER

C. Mindfulness doesn't mean we have to be filled with only positive, peaceful thoughts. Being mindful is remaining present and giving ourselves the room to respond rather than react to the stresses that surround us.

QUESTION 2 According to the Guinness Book of World Records, the largest mindfulness lesson included 1,417 people. In which country did the lesson take place?

- A. United States
- B. Australia
- C. India
- D. Finland

ANSWER

B. The largest mindfulness lesson (single venue) was achieved by University of Queensland in Brisbane, Australia on July 23, 2019.

QUESTION 3 How long does it take for a meditation practice to change your brain?

- A. 8 weeks
- B. 8 months
- C. 2 minutes
- D. 2 years

ANSWER

A. According to a 2018 study published in *Behavioural Brain Research*, meditating for 13 minutes a day for eight weeks led to decreased negative mood state, enhanced attention, working memory, recognition memory, and decreased anxiety.

QUESTION 4 What is a defining trait of Focused Attention meditation?

- A. Giving up the idea of being able to focus the mind
- B. Learning to focus our mind on everything and nothing at once
- C. Focusing on only one object, thought, or affirmation at once
- D. Completing emptying the mind of all thoughts

ANSWER

C. Focusing the mind on only one thing can reduce mental clutter and make the mind more spacious.

QUESTION 5 Globally, what percentage of adults reported feeling a lot of daily stress in 2021?

- A. 10%
- B. 25%
- C. 40%
- D. 55%

ANSWER

C. If you've been feeling stressed, you're not alone. According to Gallup's 2021 Global Emotions Report, 4 in 10 adults worldwide report feeling daily stress. The good news? Headspace provides a variety of resources to help us develop the tools to handle stress.

QUESTION 6 All of the following are known as stress hormones except which one?

- A. Cortisol
- B. Adrenaline
- C. Oxytocin
- D. Noradrenaline

ANSWER

C. Cortisol, Adrenaline, and Noradrenaline are all hormones released when we are stressed. Oxytocin, the "feel good" hormone, has been linked in some studies to the feeling of well-being achieved during mindfulness and meditation practices.

QUESTION 7 The English word "meditation" stems from *meditatum*, a Latin term meaning what?

- A. To rest or relax
- B. To empty
- C. To quiet
- D. To ponder or plan

ANSWER

D. The Asian spiritual practice was introduced to Western cultures in the 19th century, where it was called meditation, which means "to ponder" or "to plan" in Latin.

QUESTION 8 What activity, done for just 6 minutes, can reduce stress levels by 68%?

- A. Reading
- B. Watching television
- C. Engaging on social media
- D. Playing video games

ANSWER

A. Research conducted at the University of Sussex found that reading for six minutes reduced muscle tension and slowed the heart rate of participants, resulting in a reduction of stress levels by 68%.

QUESTION 9 Fact or Fiction: Some stress can be beneficial.

ANSWER

Fact. Eustress is a product of nerves, which can increase when we are faced with a challenge. Eustress can be exhilarating and can help us stay motivated and feel good about life. However, too much stress can have an adverse effect on our physiological and psychological well-being.

QUESTION 10 What is the percentage decrease in stress that Headspace users experience after just 30 days?

- A. 11 percent
- B. 32 percent
- C. 15 percent
- D. 27 percent

ANSWER

B. A 2018 study found that people who used Headspace for only 10 days reported an 11% decrease in stress. After 30 days of using Headspace, they reported a 32% decrease.



Need more stress relief?

Headspace has all the helpful hacks you need to make more space in your mind for calm.