

Vitality and Stress Exam

These questions are intended to document your study of the materials for the Vitality and Stress module in KRI's *Transformation: Teacher Training Level Two*. They are intended to remind you of the areas you studied and to help integrate this knowledge.

Read each question carefully and choose the best answers. Some questions ask you for a single best choice, others ask you to pick the item that is incorrect and others ask you to pick several items or combinations of items.

- 1) We experience stress when:
 - a) Others act in an irritating manner
 - b) We work long hours
 - c) Our inner resources do not match the demand of what we are trying to do

- 2) Vitality
 - a) Is the same as relaxation
 - b) Is a complex set of resources that let us stay present and responsive to life
 - c) Is destroyed by stress

- 3) Allostatic Load is
 - a) How much allostasis you have
 - b) The number of stressors you experience at once
 - c) The effects of your stress response being insufficient or overactive under stress

- 4) Vitality is a goal of Kundalini Yoga. A signature of vitality is
 - a) The need for very little sleep
 - b) Great longevity and youth as exemplified by Baba Siri Chand
 - c) Willingness to take on great responsibility
 - d) The ability to act authentically with emotional flexibility under stress

- 5) We all have a stress personality. Which statement is most true?
 - a) It is the personality we have that is a master of stress and makes us steady
 - b) It is a pastiche of coping strategies created by our ego to give us a sense of control, safety, and even happiness.
 - c) It is a sub-personality we get from our parents based on how they handle stress

- 6) Read this quotation by Yogi BhaJan and select the statement that is least accurate: *"We are not educated or trained to answer under pressure. We are not educated or trained to have stainless steel nerves. We give in to stress. The problem is very simple. The answer is also simple. If you don't give in to your Self and there is a stress, then you cannot meet the stress. You are not you. . . .There is a gap.*

Then, in reaction, you have to make that gap up, you have to cover up. That is dead painful—that gap from your Self. There is no other pain in your life.”

- a) Pain is not an automatic result of stress
 - b) The many complications of stress have a common simple core stemming from the ability to be your self or not
 - c) Stress is an automatic reaction and not subject to education or training
- 7) A basic skill that we need is the ability to recognize when we are under stress. Why is this so important?
- a) Many common symptoms like irritability, impulsiveness, poor sleep, boredom and weight changes are not recognized as stress related and so not dealt with effectively
 - b) We can confuse the emotions that arise under stress with our “real” feelings
 - c) It is difficult to develop our character if we react to or are distracted by the thoughts and emotions that accompany our stress personality
 - d) All of the above
- 8) Usually you hear about the need for balance and synchronization between the two hemispheres of the brain to handle stress, function well in our daily tasks and to deepen meditative experience. Equally important is the coordination between the front and back of the brain. Under increased allostatic load what can happen to this balance?
- a) We lose the communication between the areas and “dis-integrate” our behavior and impulses
 - b) The frontal cortex that supports planning and meaningful associations diminishes its functions and impulses go unchecked
 - c) We gradually lose the older limbic areas and mirror neuron functions that let us feel the other person accurately so we project our own emotions instead
 - d) All the above
- 9) Stress in groups combined with anxiety and suspicious environmental conditions can sometimes induce mass psychogenic illness. Which of the following statements is **not** true about that stress induced phenomenon?
- a) About 30% of people can be strongly affected by mass psychogenic illness under group stress
 - b) Many times the symptoms are experienced as coming from outside factors—chemicals, smells, demons, etc.—rather than from internal anxiety
 - c) It is a mental and emotional anxiety but does not lead to physical symptoms like spasms, rashes and hyperventilation
- 10) Yogi Bhanan refers to a “Gray Period” as we transition to a new global consciousness. The characteristics of this period include:
- a) A diminished level of solar radiation from the sun in its natural cycles
 - b) The average aura will lose color and project from an earthy frequency with more gray and less impact
 - c) A powerful depression that clouds a sense of self, life and mental clarity that affects a large percentage of the population and has no obvious cause
- 11) Stress is not bad. In small doses it helps us to:
- a) Mobilize energy and resources
 - b) Maximize alertness and increase learning

- c) Wake up in the morning
 - d) Initiate healing processes and increase endurance
 - e) All the above
- 12) The best approach to tapping the positive benefits of stress—“eustress”—is
- a) Expose yourself to occasional extreme environments or challenges to test yourself
 - b) Create small regular challenges that use and extend the range of your physical or mental capacity
 - c) Rest 1.5 hours for every 31 minutes of stress that you go through
- 13) The stress response **does not** include:
- a) Increased blood pressure
 - b) More blood sugar production from the liver and fat stores
 - c) Slower blood clotting and more blood available
 - d) Decreased digestion and lessened immune responses
- 14) The stress response has an immediate phase that depends largely on the nervous system. The secondary phase response includes:
- a) Exhaustion of the adrenals
 - b) A response that dampens the initial cortisol and adrenaline rise and returns the system to normal
 - c) Obsessive worry and anxiety
- 15) Although the stress response itself is often helpful, it can develop into a “toxic stress” or high allostatic load with many deleterious consequences when:
- a) Stressors repeat frequently with no recovery time
 - b) We fail to adapt to a repeated stressor and continue to react strongly even though the threat or challenge is identified or resolved
 - c) We keep responding to a stressor when it is over—for example, obsessing about an argument when it is long over
 - d) We fail to respond strongly enough in a timely manner to a stressor and fail to dampen an extended , strong immune response
 - e) All the above
- 16) Yogi Bhanan set a goal for us to cultivate and enter a “Stress-free zone” using Kundalini Yoga and Meditation. This zone is a powerful resourceful state that we can have under every condition. A crucial first condition for this is:
- a) Get enough deep yogic sleep
 - b) Confront our basic corruption: that we deny the presence and innocence of our infinite Self
 - c) Don’t react to things we are afraid of
- 17) What is the effect of “releasing the elements” (11/9/89) kriya on reaching the stress-free zone?
- a) It diminishes the attachments that keep us reactive to emotional impulses and thoughts
 - b) It frees energy for more vitality
 - c) Neither a or b
 - d) Both a and b

- 18) The stress-free center in our consciousness is also called the state of *shuniya*. In that state we are free to do many things. Which of the following is **not** characteristic of what we can do in this state?
- Confront subconscious emptiness with presence
 - Be still and strong before subconscious feelings and let them change and equalize
 - Bring trust to fearfulness
 - Confront stress with contentment
 - Never have a stress response
- 19) What describes the principle of hormesis in the realm of stress and healing?
- Harmonious use of sound for healing—like in mantra and *shabd*
 - The introduction of a small irritant or stressor that provokes a healing response
 - Use of increasingly higher levels of stress or pain to create endurance
- 20) Heart rate variation is important as a measure of responsiveness and health. One of the keys to it is the responsive application and release of what is called the vagal brake. This balances the autonomic nervous system responses to stress. What is the key to keeping this vagal brake healthy under stressors?
- Enough stimulation to overcome parasympathetic lethargy
 - A strong parasympathic nervous system to regulate the always active sympathetic system
 - A deep breath capacity to insure enough oxygen
- 21) The relaxation response is:
- How our muscles relax with a good massage
 - A physiological response that produces a chemical cascade that counters the effect of the stress response
 - The attitude we get when we have had too much stress or work and let it all go
- 22) The relaxation response is a central effect that is created by the use of many things. Which of these is **not** a usual trigger for a relaxation response?
- Meditation
 - Exercise
 - Rhythmical breathing
 - Nitric Oxide
 - Warm weather
 - Neutral mind
- 23) Thoughts, emotions and patterns of thought determine how we react to a stressor. This is centrally important to learning how to prevent the buildup of allostatic load. In studies of Type A, B, C and other personalities, what traits amplified the negative effects of stress?
- Negative self judgments
 - Aggressiveness
 - Expressing anger
 - Lingering anger or frustration mental rumination on those feelings
 - Fast, action-oriented working styles
 - None of the above
 - a and d
 - b and c

- 24) Yogi Bhanjan said, "When you are under stress, you begin to lose your mind slowly, to a very polite degree." Stressful and negative emotions begin to dominate and cloud our perception and reactions. To counter this tendency it is essential to cultivate :
- a) The flourishing emotions of the Neutral Mind
 - b) The full cycle of the three minds as each thought arises
 - c) A connected, flowing somatic signature in the body
 - d) All the above
 - e) None of the above
- 25) The attitude of hassle and hustle leads to many internal conflicts and fears. Instead Yogi Bhanjan counsels us to be subtle, still and self-accepting. To attain this refined personality projection that produces a strong attractive aura, which of these is **not** an effective help?
- a) Recognize and separate your self from your emotional ego
 - b) Remove the conflicts of your subconscious
 - c) Create a thought to make the world manifest the way you want
 - d) Act with certainty from your higher Self with deep trust and reliance
- 26) The attitudes we hold and cultivate make a powerful difference in how well we handle stress and trauma in our life. Which of these attitudes helps inoculate you against the negative effects of stressors:
- a) A sense of control and choice
 - b) A feeling of invulnerable strength
 - c) A purpose-filled approach to life and challenge
 - d) Getting what you want and ignoring other factors
 - e) Seeing change as opportunity and a challenge
 - f) Action-oriented strategies in response to stress
 - g) a,c,e and f
 - h) b and d
 - i) All of the above
- 27) What is the result of hardiness in your attitudes and habits?
- a) Total control
 - b) Immediate actions
 - c) Never show anger or disappointment
 - d) Elegant, authentic actions under turbulence and stress
- 28) Exercise is one of the greatest tools to combat the effects of stress and to slow aging. Which of these is **not** true about exercise and stress?
- a) Exercise increases nerve growth, learning and plasticity
 - b) Moderate regular exercise increase the relaxation response
 - c) Lack of physical exercise contributes to over 20 major chronic diseases and mood disorders
 - d) Exercise can combat mild depression as effectively as drugs in 80% of cases
 - e) If we are more stressed than usual we should rest instead of exercise to avoid fatigue
 - f) Start exercise gradually and build through regular practice for best results

- 29) Exercise changes our genetic expression of many metabolic processes. Recent research shows that:
- Exercise turns on all the genes like electricity to a circuit
 - Exercise creates a stress that calls on different groups of genes in waves over thirty minutes or more
 - Exercise makes your genes stronger
- 30) Regular meditation is a central approach to taming stress for yogis. Research summarized by Dr. Sat Bir Singh Khalsa shows that meditation can:
- Lower stress significantly
 - Improve the quality of sleep
 - Reduce high blood pressure
 - Reduce anxiety without relapse for extended periods of time
 - Counter the effects of trauma
 - Improve heart function
 - All the above
- 31) Our habits can promote our health or promote our stress. Which of these guidelines for stress fighting nutritional habits is not one we advance?
- Know your own constitution and individualize your eating habits by activity and temperament
 - Eat light, eat right and eat a natural, vegetarian-oriented diet
 - Don't over eat ever
 - Eat only fruit or raw vegetables
 - Eat so that your food passes smoothly in 12-18 hours
 - Eat only a little at any one time throughout the day
 - Periodically fast for cleansing and to provoke a healing stress response
- 32) Under stressors and anxiety research shows that people will :
- Crave carbohydrates
 - Crave high density fatty foods
 - Over or under eat
 - All the above
- 33) To reduce acidity and inflammatory processes that can accompany chronic stress you can add to your diet:
- Celery, potato peels and other high alkaline potassium sources
 - Take large amounts of vitamin C or D
 - Eat spicy foods like chili
- 34) In the world of herbs, adaptogens increase vitality, endurance and prevent infections as they strengthen muscle development. Some of these great nutritional supports include:
- Ashwaganda
 - Tulsi
 - Licorice Root
 - All of these
 - None of these

- 35) There are many combinations and uses of essential oils we use in yoga nutrition. Which of these is **not** one of those therapeutic oils?
- a) Lavender
 - b) Eucalyptus
 - c) Safflower
 - d) Clove
 - e) Sandalwood
- 36) A standard and excellent food to rebuild your system gradually from chronic stress is:
- a) Mung beans and rice, known as Kicharee
 - b) Milk
 - c) Honey
- 37) Good sleep lowers stress and improves all aspects of life. As yogis we recognize the value of sleep and cultivate it. Select all items below that are yogi lifestyle techniques for good sleep practices:
- a) Create a regular sleep ritual to guide yourself into the state easily and quickly
 - b) Sleep at regular times when possible
 - c) Take a 10-20 minute nap when needed to rejuvenate
 - d) Do not eat for 2.5 hours before bed
 - e) Begin sleep with your left nostril dominant
 - f) Relax before sleep by watching TV in bed or playing a game
 - g) Do shabd kriya before bed to get rid of disturbing thoughts or dreams
 - h) Sleep only 31 minutes a night
 - i) Take helpful sleep herbs when needed: Gotu Kola and Amla; Ashwaganda; Valerian or others.
- 38) As yogis we take the attitude of a spiritual warrior. This perspective conquers a lot of stress to begin with. Some of those resilient attitudes are listed. Which of these is **not** a spiritual warrior attitude that aids us in mastering crises?
- a) The universe is vast and balanced in polarities so nothing is good or bad in itself
 - b) The basic problem is our own ego reaction and fear
 - c) Crises are normal and need us to survive them
 - d) The first battle to win is the battle of the mind
 - e) Act only from courage, kindness, compassion and wisdom
 - f) With a strong enough aura you can crush any opposition
 - g) In the very seed of a crisis there is always a back door hidden through which one can move diagonally for success
- 39) Kundalini Yoga Kriyas can help us regain somatic freedom and body integration after trauma. Some things that happen under trauma are:
- a) Body rhythms get interrupted degrading cellular communication and function
 - b) Memories and other thoughts can become intrusive and repeat compulsively
 - c) Thoughts get fuzzy or disconnected from the immediate moment
 - d) Chakras get locked or lack flexible change
 - e) The body becomes more loose and flexible as old habits are shattered
 - f) We get a sense of fatigue
 - g) All the above
 - h) All except d and f

- i) All except e
- 40) Addictions and stress are often related to each other. The primary relationship is:
- a) We become addicted to stress
 - b) Under high stress, addictive thoughts and relapse patterns are frequent
 - c) Stress makes us all addicts
- 41) Addictive stress has many effects on perception and emotion. Among them are:
- a) Narrowing and distortion of our perception and judgment
 - b) We fixate on ritualized behaviors that block our concerns for other things in our life
 - c) The repeated stress of the addictive behavior numbs our sensitivity to our body, feelings and other people
 - d) We gradually feel we cannot depend on our own self and need other things to feel good
 - e) All the above.
- 42) Kundalini Yoga is particularly effective in preventing relapse under stress because:
- a) Many meditations cut negative thoughts about the self which trigger internal conflict and relapse
 - b) The regular practice of kriyas changes the nervous system to resist stress and increases endurance
 - c) Being mindful helps you recognize the changes in your body before you impulsively act
 - d) All the above
- 43) As Kundalini Yogis we understand the body as a mandala of many maps that encode the dynamic relationships between its many systems, cells, glands and muscles. These can be disrupted under stress. To repair them:
- a) Conscious movement is the key to repairing communication to the body maps
 - b) Visualization that uses familiar movements are effective integrators
 - c) Actions and intentions need to align and come together with mindful motion
 - d) We have to re-see or sense an expanded sense of possible motions of our muscles and body parts in space
 - e) All of the above
- 44) The map of our body and our sense of space and movement is part of the many levels of maps in our body mandala. It is called our:
- a) Transpersonal body map
 - b) Peripersonal body map
 - c) Body image
 - d) Body schema
- 45) Celestial Communication is a technique taught by Yogi Bhajan that:
- a) Acts as an effective petition to higher powers
 - b) Is a discussion of divine and moral principles applied to life
 - c) Is a movement technique that uses the hands and upper body to stimulate the brain areas and integrate sound, meaning and emotions

- 46) A key stress hormone that is released by the pituitary gland during the stress response to stimulate the adrenals is:
- a) CRF
 - b) ACTH
 - c) Adopenectin
 - d) Adrenaline
 - e) Cortisol
- 47) There are many types and degrees of depression. Yogi Bhanjan gave many techniques to deal with a special condition he called "Cold Depression". Which items correctly describe this:
- a) It is not just personal. It occurs across an entire population during global transitions.
 - b) Though it is always present to some degree in individuals, it can increase to profound levels, like a sudden tide, and become a group phenomenon.
 - c) At its core is a deep existential sense of disconnectedness, abiding anxiety and loss of meaning.
 - d) Cold depression has all characteristics of normal depression plus a deep emptiness and loss of motivation.
 - e) It comes with a dullness and confusion
 - f) Information overload, rapid change and the need to filter thoughts contribute to cold depression when we have not developed intuition and nervous system strength
 - g) All the above
- 48) Cortisol is a stress hormone that helps push sugar into the blood to give us rapid energy resources under emergency. What signal in the blood triggers the pituitary to lessen the production of cortisol and rebalance the stress response?
- a) CRF
 - b) The level of cortisol in the blood
 - c) Liver enzymes
- 49) An endogenous chemical that is pervasive in the body and produced in the arterial endoplasmic cells and that is critical to blunting the effects of the stress response hormones is :
- a) Endorphins
 - b) NO; ie Nitric Oxide
 - c) Oxygen
- 50) The famous founder of stress research, Hans Seyle, as early as 1936, saw the effects of stress in illness symptoms in animals regardless of the nature of the stressor. He called this :
- a) The Fatigue Syndrome
 - b) The General Adaptation Syndrome
 - c) Overload Syndrome