

QUIZ

WALK YOURSELF HAPPY

		1	x	2
1	What is the definition of "mental health"?	A state of joy where concerns about health do not occupy consciousness	A state where mental disorders are absent	A state of well-being where the individual can realize their abilities, cope with everyday challenges and stress, and participate in communities
2	What kinds of sounds can contribute to creating better mental health?	Children's laughter and baby crying	Birdsong and the sound of waves	Moped driving and bicycle bells
3	Spending half an hour in green surroundings lowers the acute stress level, among other effects. What other noticeable effect do green surroundings have?	They enhance the release of hormones cortisol and adrenaline	They make you sleepy	They promote your cognitive functions
4	What term is used for being in nature and solely focusing on the sensory impressions of the forest?	Forest meditation	Nature yoga	Forest bathing
5	Why are walking meetings good for our mental health?	Walking meetings improve the quality of our discussions, thereby strengthening collaboration and collegial relationships.	Walking with other people increases our well-being and provides a sense of comfort.	Walking meetings are efficient, and we actually accomplish something, which provides mental clarity.
6	A walk outside during the workday turns out to strengthen our ability to concentrate. What is the explanation?	Fresh air provides oxygen to the brain and enhances our ability to concentrate.	Natural environments have fewer stimuli that involuntarily steal our attention.	Variations in temperatures sharpen our focus.
7	What change do you almost always experience when you come home from a walk?	You feel more satiated.	You are in a better mood.	Your feet smell better.
Name		Correct answers		



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