

Need Help Choosing a Mental Health Promoting Practice?

Take this simple quiz to help you choose a mental health promoting practice that you will enjoy! Each option has a specific color which pertains to one of the four mental health promoting practices that we are recommending. At the end of the quiz tally up which colored option you chose the most. This will help you determine which activity you are most likely to enjoy doing.

1. Which option sounds the most fun to you?

- a) Doing an ab workout
- b) Doing a nature scavenger hunt
- c) Doing a meditative body scan
- d) Writing a poem

2. In your spare time, do you like to...

- a) Do something creative
- b) Exercise
- c) Be in nature
- d) Meditate

3. Which of these activities do you think would help you to de-stress?

- a) Taking a nature walk in the park
- b) Listening to music
- c) Running on the treadmill
- e) Listening to guided meditation

4. Regardless of whether you would do this or not, which activity sounds the most relaxing ?

- a) Star-gazing while laying on the grass

- b) Practicing transcendental meditation
- c) Coloring in an adult coloring book
- d) Doing yoga

5. Which of these activities are you the most curious to learn about?

- a) Loving-kindness meditation
- b) Origami
- c) A new workout to tone your body
- d) How to make a birdfeeder

6. If you did not have any responsibilities or school-work at this time, which one of these activities would you take part in?

- a) Go camping
- b) Take part in a workout challenge
- c) Make a scrapbook
- d) Practice mindfulness meditation daily

7. If we were not practicing social distancing right now, which of these activities would you take part in with friends?

- a) Playing sports
- b) Making music
- c) Meditating as a group
- d) Going on an outdoor adventure

8. Which of the following activities are you least likely to try? (This question is to help the participants step outside of their comfort zones)

- a) Do a high intensity interval training (HIIT) workout?
- b) Grow something in a garden
- c) Try doing guided meditation for 20 minutes
- d) Follow a Bob Ross painting tutorial

9. If you were not social distancing, normally on a rainy day, which of these things would you be most likely to do?

- a) Go to the gym
- b) Take on an art project
- c) Practice mindfulness by writing a reflective journal
- d) Go for a walk in the rain

10. Which of the following objects do you think represents your personality the most?

- a) An Om symbol

- b) Wildflowers and leaves
- c) A paintbrush or a musical note
- d) Running shoes

11. In which of the following setting would you be the happiest?

- a) At a lake
- b) In an art museum
- c) Anywhere it is quiet enough to practice mediation
- d) An outdoor gym

12. If you were working out at home and a squirrel accidentally came inside your house, which of the following are you most likely to do?

- a) Shoo the squirrel away and get back to your workout
- b) Stop working out, and kindly help the squirrel to go outside
- c) Stop working out and take this opportunity to draw a realistic picture
- d) Ignore the squirrel, focus on your breathing and continue working out

13. Which of the following documentaries are you most likely to watch?

- a) A nature documentary
- b) A documentary about a having a fit lifestyle
- c) A documentary about the origin of a specific music or art style
- d) A documentary about the origin of meditation

Tally it up!

If a majority of the options that you selected were green, then it sounds like you will benefit the most by being in nature.

If a majority of the options that you selected were red, then it sounds like you will benefit the most by being creative.

If a majority of the options that you selected were purple, then it sounds like you will benefit the most by meditating.

If a majority of the options that you selected were blue, then it sounds like you will benefit the most by exercising