

POWER OF EMOTIONS QUIZ

Pick the option that best answers each question.

1. What happens when you consistently focus on positive emotions?

- A. Your body produces fewer beneficial chemicals.
- B. You weaken your immune system.
- C. You trigger healing chemicals like interleukin-2 and endorphins.
- D. You increase stress hormones like cortisol.

2. Which of the following activities can help boost serotonin, the mood stabiliser?

- A. Sitting in the sun
- B. Arguing with someone
- C. Watching a horror movie
- D. Overthinking

3. What hormone is triggered by acts of kindness, like hugging or cooking for someone?

- A. Dopamine
- B. Oxytocin
- C. Cortisol
- D. Norepinephrine

4. What chemical is naturally produced when you feel brave, and it helps fight cancer?

- A. Dopamine
- B. Serotonin
- C. Interleukin-2
- D. Oxytocin

Answer Key:

1. **C.** You trigger healing chemicals like interleukin-2 and endorphins
2. **A.** Sitting in the sun
3. **B.** Oxytocin
4. **C.** Interleukin-2