



Brain Quiz

- 3) Exercise makes me feel:
- A. More energized and powerful
 - B. Smarter and more creative
 - C. Happier and more attractive
 - D. More calm with less worries
- 4) If I feel depressed it is most likely to be:
- A. A feeling of frustration that I cant ever stick to a plan or schedule or fulfill promises to myself
 - B. A feeling of mental slowness, mental frustration, or feelings that I am just not as smart as others
 - C. I am just sad without any good reason. I often wish I looked different or was someone sexier, smarter, and more likable
 - D. An anxious worrying type depression. Anxiety rather than depression more defines me.