1. Emotion emerges from hormones, blood pressure, \_\_\_\_\_\_\_\_\_\_\_, respiration, muscle tension and \_\_\_\_\_\_\_\_\_\_\_\_ processing.
2. Individuals who suffer from depression and anxiety may have a hard time inhibiting what? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What is “vagal tone”?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Heart rate \_\_\_\_\_\_\_\_ is used as an indicator of vagal tone.
5. True or false: The sympathetic nervous system slows down the heart rate.
6. High vagal tone is associated with \_\_\_\_\_\_\_\_\_\_\_\_ emotion regulation and behavioral flexibility.
7. The prefrontal cortex, amygdala and hypothalamus are brain structures included in the \_\_\_\_\_\_\_\_\_\_ Autonomic Network.
8. True or false: The CAN controls the activity of the heart by controlling the sympathetic and parasympathetic nervous systems.
9. What is known about heart rate variability in those with depression?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. What is the benefit of negative feedback in terms of anxiety?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_