

1. What are some healthy ways to manage anxiety according to the presentation?

Some healthy ways to manage anxiety include creating a worry period, accepting uncertainty, challenging anxious thoughts, and living in the present moment.

2. List at least five cognitive distortions that contribute to anxiety, worry, and stress.

Cognitive distortions include all-or-nothing thinking, overgeneralization, negative mental filter, diminishing the positive, jumping to conclusions, catastrophizing, emotional reasoning, shoulds & should not's, labeling, and personalization.

3. What are the nine classic symptoms of a Major Depressive Episode as outlined in the presentation?

The nine classic symptoms of a Major Depressive Episode include depressed mood, diminished interest or pleasure, weight changes, sleep disturbances, psychomotor issues, fatigue, worthlessness, concentration problems, and thoughts of death or suicide.

4. How do the manifestations of depression differ between men and women?

Women tend to blame themselves, feel sad and anxious, while men tend to blame others, feel angry and restless, and avoid talking about self-doubt and despair.

5. What are some common treatments for depression mentioned in the presentation?

Treatments for depression may include counseling, light therapy, lifestyle changes, medication, or a combination of these options. Physical exams for thyroid problems and monitoring of medications are essential.

6. How should one address suicidal ideation in the context of depression?

Suicidal ideation should be taken seriously and addressed immediately. It is a red flag indicating a

need for help and support from professionals to prevent self-harm.

7. What are some strategies for managing stress outlined in the presentation?

Strategies for managing stress include avoiding stressful situations, altering stressors, adapting to stressors, accepting what cannot be changed, talking to trusted individuals, and making time for relaxation and enjoyment.

8. How does one practice forgiveness as a stress management strategy?

Forgiveness involves letting go of past hurt, realizing anger harms oneself, choosing to move on, and making a conscious effort to release the desire for control over past events.

9. What are some key lifestyle factors that contribute to healthy stress management?

Engaging in regular exercise, maintaining a healthy diet, limiting caffeine and sugar intake, avoiding alcohol, cigarettes, and drugs, getting adequate sleep, and finding time for relaxation are essential for managing stress.

10. In summary, what are the key takeaways for managing anxiety, depression, and stress from the presentation?

Key takeaways include identifying causes, reducing impact, adopting healthy coping strategies, self-care, developing new thinking patterns, and taking control to prevent anxiety, depression, and stress from controlling one's life.