

1. What are the positive aspects of anxiety according to the presentation?

Certain levels of anxiety can sharpen focus, prepare for challenges, and motivate to work harder to avoid negative outcomes.

2. Describe a self-help guideline for controlling anxiety discussed in the presentation.

Creating a worry period and list to postpone worries, accepting uncertainty, and challenging anxious thoughts are self-help guidelines for controlling anxiety.

3. What are the nine classic symptoms of a Major Depressive Episode from the DSM-5?

Symptoms include depressed mood, diminished interest in activities, significant weight changes, sleep disturbances, fatigue, feelings of worthlessness, diminished ability to concentrate, and recurrent thoughts of death.

4. How does depression manifest differently in men and women according to the presentation?

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

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

Treatments may include counseling, light therapy, lifestyle changes, medication, developing a depression management plan, and monitoring for possible physical causes like thyroid problems.

6. Why is suicidal ideation not to be ignored, according to the presentation?

Suicidal ideation is a symptom of depression that indicates a need for immediate help, as it suggests a cry for assistance and requires professional intervention.

7. What are the major sources of stress discussed in the presentation?

External and internal sources of stress can include overwhelming workloads, personal relationships, and internal negative self-talk leading to high levels of stress.

8. Provide a strategy for managing stress by altering situations as suggested in the presentation.

Strategy includes expressing thoughts openly, seeking compromise, addressing issues directly, time management, and attacking the problem constructively rather than attacking individuals.

9. Why is it important to make time for enjoyment, fun, and relaxation as part of stress management?

Engaging in enjoyable activities, laughter, and relaxation helps the body combat stress, promotes well-being, and ensures a healthy balance between work and personal life.

10. Explain the concept of forgiveness as discussed in the stress management section of the presentation.

Forgiveness involves letting go of past hurts, choosing to move forward, and realizing that holding onto anger can be harmful, emphasizing the importance of self-healing and growth.