

- 1. What are some healthy ways to manage anxiety according to the presentation?**
- 2. List at least five cognitive distortions that contribute to anxiety, worry, and stress.**
- 3. What are the nine classic symptoms of a Major Depressive Episode as outlined in the presentation?**
- 4. How do the manifestations of depression differ between men and women?**
- 5. What are some common treatments for depression mentioned in the presentation?**
- 6. How should one address suicidal ideation in the context of depression?**
- 7. What are some strategies for managing stress outlined in the presentation?**
- 8. How does one practice forgiveness as a stress management strategy?**
- 9. What are some key lifestyle factors that contribute to healthy stress management?**

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