

1. What are some positive aspects of anxiety mentioned in the presentation?

Certain levels of anxiety can sharpen focus, prepare for challenges, and motivate increased work/study efforts to avoid negative outcomes.

2. List at least three self-help guidelines to control anxiety as discussed in the presentation.

Guidelines include creating a worry period, analyzing problem solutions, accepting uncertainty, challenging anxious thoughts, and living in the present moment.

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

Symptoms include depressed mood, diminished interest in activities, weight changes, insomnia or hypersomnia, psychomotor issues, fatigue, feelings of worthlessness, diminished concentration, and suicidal thoughts.

4. How does depression manifest differently in men and women, as mentioned in the presentation?

Women may blame themselves, feel sad, anxious, and use food for self-medication, whereas men may blame others, feel anger, avoid conflicts, and use alcohol for self-medication.

5. Name at least three methods for managing stress outlined in the presentation.

Managing stress involves avoiding stressful situations, altering stress-inducing factors, adapting to stressors, accepting what cannot be changed, talking to a trusted person, and making time for enjoyment and relaxation.

6. What is one strategy for altering stressful situations mentioned in the presentation?

Expressing thoughts and feelings openly, seeking compromise, dealing with issues assertively,

attacking problems rather than people, and practicing good time management are essential for altering stress-inducing situations.

7. How does forgiveness contribute to stress management according to the presentation?

Forgiveness involves letting go of past incidents, understanding anger's harm, and making a conscious effort to move forward and focus on personal growth and development.

8. Why is it important to connect with other people for stress management, as discussed in the presentation?

Connecting with others, helping those in need, and brightening someone's day can provide emotional support, reduce isolation, and contribute to overall stress reduction.

9. How can adopting a healthy lifestyle aid in managing stress?

Regular exercise, a healthy diet, limiting caffeine and sugar, avoiding harmful substances, getting sufficient sleep, and prioritizing relaxation and fun activities contribute to stress management.

10. What is the significance of controlling anxiety, depression, and stress in our lives according to the presentation?

Failure to control anxiety, depression, and stress can lead to these issues controlling us, emphasizing the importance of finding healthy coping mechanisms and self-care practices.