

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

Certain levels of anxiety can sharpen focus, prepare for scenarios, and motivate to work harder.

2. How can anxiety be controlled according to the self-help guidelines provided?

Anxiety can be controlled by creating a worry period, analyzing problems, accepting uncertainty, challenging irrational thoughts, and focusing on the present.

3. List three sources of stress mentioned in the presentation.

External and internal factors, perfectionism, and unrealistic time management contribute to stress levels.

4. Name two differences in how depression manifests between men and women.

Women tend to blame themselves and feel sad, while men may blame others, feel angry, and tend to hide self-doubt.

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

Symptoms include depressed mood, loss of interest or pleasure, changes in weight, sleep disturbances, fatigue, feelings of worthlessness, and suicidal thoughts.

6. How can stress be managed in healthy ways as outlined in the presentation?

Healthy stress management includes avoiding stressful situations, altering stressors, adapting to stress, accepting what cannot be changed, and focusing on the positive.

7. What are two ways mentioned to adapt to stressors effectively?

To adapt to stressors, one can reframe the problem by gaining a different perspective and consider the long-term impact of the stressor.

8. Why is it important to address suicidal ideation in individuals experiencing depression?

Suicidal ideation is a red flag indicating a need for immediate help. It is crucial to provide support and intervention to prevent permanent harm.

9. How can forgiveness contribute to managing stress, as discussed in the presentation?

Forgiveness involves letting go of past incidents, releasing anger, and moving forward, which aids in reducing stress and promoting emotional well-being.

10. What are the key steps recommended for making time for enjoyment and relaxation to manage stress?

Making time for enjoyment involves doing daily activities, having a sense of humor, connecting with others, taking breaks, and adopting a healthy lifestyle for relaxation.