

- 1. What are the positive aspects of anxiety according to the presentation?**
- 2. Describe a self-help guideline for controlling anxiety discussed in the presentation.**
- 3. What are the nine classic symptoms of a Major Depressive Episode from the DSM-5?**
- 4. How does depression manifest differently in men and women according to the presentation?**
- 5. What are some treatments for depression mentioned in the presentation?**
- 6. Why is suicidal ideation not to be ignored, according to the presentation?**
- 7. What are the major sources of stress discussed in the presentation?**
- 8. Provide a strategy for managing stress by altering situations as suggested in the presentation.**

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

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