

- 1. What are some positive aspects of anxiety mentioned in the presentation?**
- 2. How can anxiety be controlled according to the self-help guidelines provided?**
- 3. List three sources of stress mentioned in the presentation.**
- 4. Name two differences in how depression manifests between men and women.**
- 5. What are the common symptoms of a Major Depressive Episode according to the DSM-5?**
- 6. How can stress be managed in healthy ways as outlined in the presentation?**
- 7. What are two ways mentioned to adapt to stressors effectively?**
- 8. Why is it important to address suicidal ideation in individuals experiencing depression?**
- 9. How can forgiveness contribute to managing stress, as discussed in the presentation?**

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