

- 1. What are some positive aspects of anxiety mentioned in the presentation?**
- 2. List at least three self-help guidelines to control anxiety as discussed in the presentation.**
- 3. What are the nine classic symptoms of a Major Depressive Episode according to the DSM-5?**
- 4. How does depression manifest differently in men and women, as mentioned in the presentation?**
- 5. Name at least three methods for managing stress outlined in the presentation.**
- 6. What is one strategy for altering stressful situations mentioned in the presentation?**
- 7. How does forgiveness contribute to stress management according to the presentation?**
- 8. Why is it important to connect with other people for stress management, as discussed in the presentation?**

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

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