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Module 6

Homework -

Stress, Depression and Anxiety

# Homework – Module 6 – Stress & Depression and Anxiety

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_

**Question 1: In your own words – Explain what you think is the importance to know about Stress / Depression / Anxiety?**

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**Question 2: What are the Common Signs of Stress?  (\_\_\_\_\_)**

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**Question 3: What are the Common Signs of Depression? (\_\_\_\_\_\_\_)**

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**Question 4: What are the Common symptoms of Anxiety? (\_\_\_\_\_\_\_)**

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**Question 5: Is Anxiety and Depression the same? (\_\_\_\_\_\_)**

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**Question 6: What therapies work for Stress, Depression & Anxiety? (\_\_\_\_\_\_\_\_\_)**

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**Question 7: What are the 9 reason a person or client(s) will consult you as a Therapist/Coach/Counselor? (\_\_\_\_\_\_\_\_)**

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## **Question 8: What else helps with Stress / Depression / Anxiety? (\_\_\_\_\_\_\_)**

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## **Question 9: What are the other Recommended changes when dealing with Stress / Depression / Anxiety? (\_\_\_\_\_)**

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