Go to the Above Link and Do The Following

For Each Question answer in 3 complete sentences, unless otherwise stated.

Be prepared to discuss when I get back on Monday.

1. Is stress, in general, good for you, and why?
2. When does it become bad, in your opinion based off your research and what you have learned? (4 Sentences)
3. How does stress lead to depression, specifically?
4. Is it acute, chronic, or both that lead to depression, what do they activate, and why?
5. What is the difference between “grieving” and “depression” based on what you know and the article says?
6. Why do people who are stressed tend to neglect certain aspects of their life, and how much of their brain do you believe is built upon dealing with stress?
7. What is a major way to build a resistance to depression?
8. What is “cognitive-behavioral therapy” and how could it help someone?
9. Based off your completion of your stress journals what are the chances you will allow stress to develop in a depression? Why or why not?
10. Based off your stress journals did your main coping mechanism come up in the article, how if it did, and if it didn’t why is it still important to you?