**Complete on your own paper.**

Define each of the following in your own words.

1. Resilience
2. Trustworthiness
3. Citizenship
4. Emotions
5. Empathy
6. Repression
7. Rationalization
8. Depression
9. Stigma
10. Panic disorder
11. Bipolar disorder
12. Anxiety disorder
13. Apathy
14. Personality disorder
15. Alienation
16. Suicide
17. Psychotherapy
18. Drug therapy
19. identity
20. Positive Self Talk
21. Suppression
22. Cognitive stressors
23. Chronic Stress

**Thoroughly explain each of the following:**

1. How could using refusal skills help to reduce stress?
2. How could using relaxation techniques help to reduce stress?
3. How could using relaxation techniques help to reduce illnesses related to chronic stress?
4. List 5 causes of stress.
5. List 5 things that can contribute to stress.
6. Why is it important to identify the causes of stress?
7. How can physical activity help you cope with stress?
8. Why is avoidance not a good way to deal with stress?
9. List 3 symptoms of depression.
10. List 3 treatments for depression.
11. What is the most important way to help someone who is suicidal?
12. List an example of an anxiety disorder.
13. What is the main difference between and psychiatrist and a psychologist?
14. List the stages of grief and why each stage is important.
15. List Maslow’s Hierarchy of Needs & explain why each is important.
16. List 5 ways to improve self-esteem.