



Depression and Anxiety Staff Activity Guide Grades 6-12

Brain Quiz!

1) A depressive disorder may be present if sadness lasts nearly every day for two weeks or more. All of the following are signs of a depressive disorder EXCEPT:

- A. Loss of energy
- B. Hopelessness
- C. Eating and/or sleep disturbances
- D. Unusual joy or feelings of calm
- E. Unexplained aches or pains

(Answer: D)

2) Symptoms of an anxiety disorder can be the following:

- A. Persistent worrying, extreme tiredness, trouble sleeping, muscle tension, headaches, sweating, nausea
- B. Persistent feelings of joy and contentment, extreme tiredness, trouble sleeping, muscle tension, headaches, sweating, nausea
- C. Persistent worrying, Feeling consistently energized and/or inspired, trouble sleeping, muscle tension, headaches, sweating, nausea
- D. Persistent worrying, extreme tiredness, trouble sleeping, muscle tension, feeling physically strong and healthy, sweating, nausea

(Answer: A)

3) The Stages of Grief can come and go in waves. Put the following stages in order for how they often initially appear:

- _____ Bargaining
- _____ Acceptance
- _____ Anger
- _____ Denial
- _____ Depression

(Answer: 4, 5, 2, 1, 3)

4) When the body is stressed it releases the hormone:

- A. Oxytocin
- B. Dopamine
- C. Cortisol
- D. None of the above

(Answer: C)

5) What segment of the population of teenagers suffer from a mental health issue?

- A. 1 out 100
- B. 1 out of 3
- C. 1 out of 25
- D. 1 out of 10

(Answer: B)

Activities

Activity #1

Journal: *Imagine that your best friend confides in you that he or she has been cutting daily for the last month. He or she insists that it is not a problem. Do you keep their confidence, or do you talk to his or her parents or another trusted adult? What might be the results of each choice?*

Activity #2

In groups of 3-5 students. Brainstorm as many positive coping strategies that you can think of. Pick your top 10 coping strategies from the list that was created. Create a list of your top 10 coping strategies and refer to it for positive coping ideas.

Activity #3

Positive self-talk is a coping skill to help manage negative feelings. Write a list of 10 or more "I am . . ." statements that describe positive self attributes. Transform these positive "I am . . ." statements into artwork. Display the artwork in a place where you can view and read aloud daily.

Ex. *I am Kind. I am Artistic. I am Hardworking. I am Resilient. I am Creative. I am a Talented Artist.*