

Depression and Anxiety

Student 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
- 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
- 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
- 4) When the body is stressed it releases the hormone:
 - A. Oxytocin
 - B. Dopamine
 - C. Cortisol
 - D. None of the above
- 5) What segment of the population of teenagers suffer from a mental health issue?
 - A. 1 out of 100
 - B. 1 out of 3
 - C. 1 out of 25
 - D. 1 out of 10

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.*