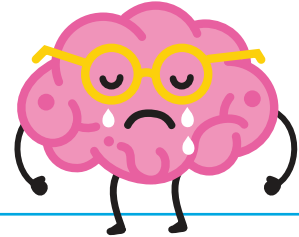


About Depression & Anxiety - Level 1 Activity Handout



Video Viewing Guide

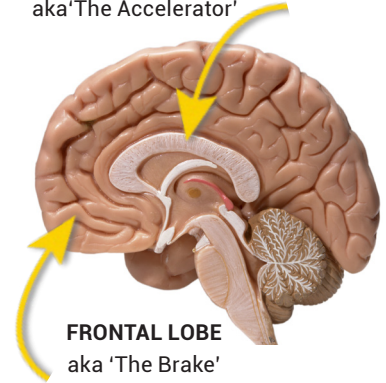
Do Now: Write 1-2 sentences in the box below in response to the question-
What do you know about anxiety and depression? Have you ever had either of these feelings? If so, how did you know when you were feeling them?



Fill In The Blank

1. Risky behaviors happen when negative moods last too _____ or become too intense_____.
2. Feelings like depression, anxiety, anger, and loneliness are not very fun feelings to feel but they are _____.

LIMBIC SYSTEM
aka 'The Accelerator'



FRONTAL LOBE
aka 'The Brake'

Stop and Think...

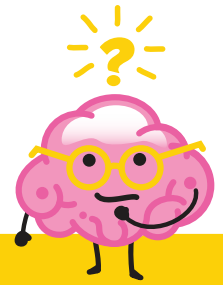
CFU #1 - What can feeling anxious or depress for extended amounts of time do to brain activity?

Stop and Think...

CFU #2 - What can we do to help with negative feelings?

Write About It Prompt



Directions: Write 5-10 sentences in response to the following question.
Use the box at the bottom to draw out your thoughts.



Think about a time that you felt anxious or depressed. In 5-10 sentences write about what made you feel this way, how your body felt during this time, and what you did to make it better.

Activity #1 - Independent Practice

Directions: Review the list of coping skills below. Place a “**check**” if this is a coping skill you think will work for you. Place an “**X**” if this is not a coping skill that will work for you

Coping Skill:	 or 
Listening to music.	
Taking a walk.	
Drawing or painting.	
Taking deep breaths.	
Counting to 10.	
Talking to someone you love.	
Being alone.	
Having a snack.	
Reading or writing.	

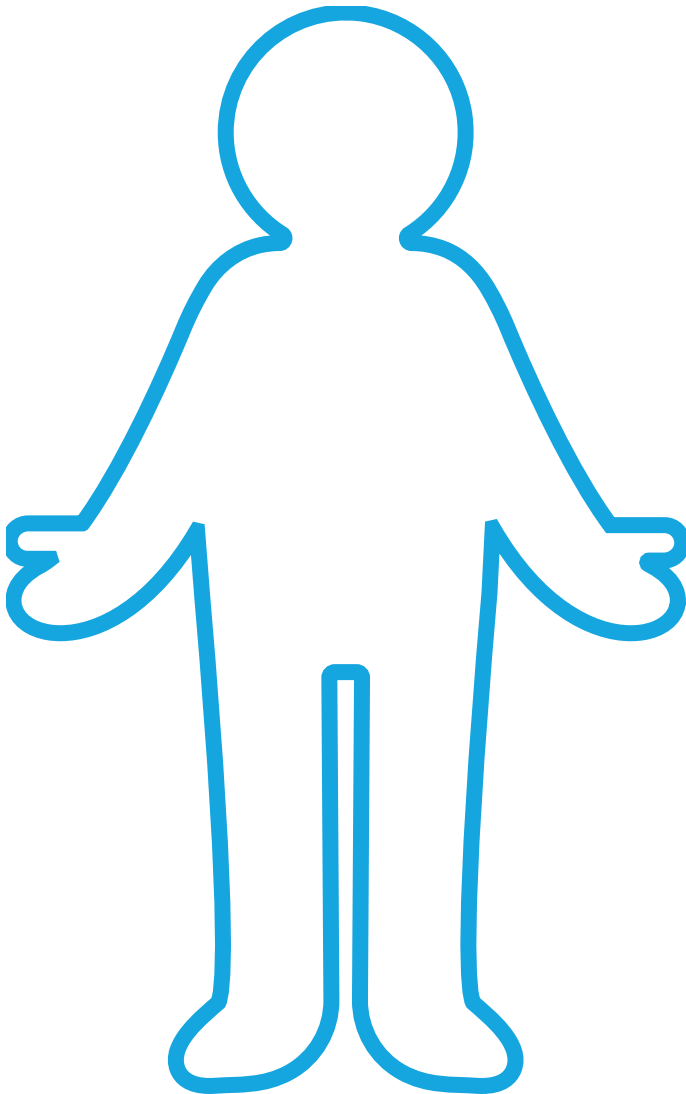
Activity #2 - Group Activity

Identify the negative moods and how they make you feel and identify the coping skills for each.

Negative Emotion:	Negative Emotion:	Coping Skill:
Mad		
Sad		
Depressed		
Anxious		

Activity #3 - Extended Learning.

Directions: Think about the way being mad, sad, depressed, and anxious make you feel. Using the outline of the body below, write or draw how you feel in different parts of your body when negative feelings begin. **For example,** my palms start to sweat, my face gets hot, etc.



Brain Quiz

1. **True or False:** After going to therapy, the brain starts to light back up again, especially in the frontal lobe.
2. What can you do to grow long networks of connected brain cells for coping skills?
 - A. Reach out for help
 - B. Practice Coping Skills
 - C. Go to therapy
 - D. All of the above
3. What can happen when negative moods last too long or become too intense?
4. Things that we can do to help us feel better when going through negative moods are called:
 - A. Coping Skills
 - B. Amygdala
 - C. Frontal Lobe
 - D. Notes
5. Feelings are not _____.

