## About Depression - Level 3 Student Activity Guide



ink About It:	
hat is depression, what does it mean to be depressed? How do you think it is different from being sad?	
nat can you do to fight negative thoughts that may make you feel depressed?	

## Brain Quiz!

- 1. A depressive disorder may be present if sadness lasts nearly every day for two weeks or more. All of the following can be symptoms of a depressive disorder EXCEPT:
  - a. Loss of energy
  - b. Hopelessness
  - c. Eating and/or sleep disturbances
  - d. Unusual joy or feelings of calm
- 2. True or False: When left untreated, depression can arrest brain development.
- 3. Arrested development can occur when there is a lack of activity in the \_\_\_\_\_ for long periods of time.
  - a. Thalamus
  - b. Limbic System
  - c. Frontal Lobe
  - d. Heart

- 4. Recent research shows that about \_\_\_\_\_adolescents suffer from depression:
  - a. 1 in 1000
  - b. 1 in 5
  - c. 1 in 200
  - d. 1 out of 2
- 5. Strategies for coping with depression include ALL of the following EXCEPT:
  - a. Sleeping 10+ hours a day
  - b. Exercise
  - c. Getting Sunlight
  - d. Seeking win-win solutions
  - e. Connecting with Family and Friends

Activity #1 Write About It:
<b>Journal</b> : Life can be challenging at times. What was the last experience that you had that left you feeling sad? What are some strategies that you will use to cope the next time you feel down?

Activity #2 Positive Coping Strategies:
As a class, brainstorm as many positive coping strategies that you can name. Now, create a list of your top 10 coping strategies from the list created (or additional strategies). Keep the list and refer to it for positive coping ideas.  My Positive Coping Strategies:
Activity #3 "I AM" Statements:
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.