Looking Ahead…

This can be hard.

This content we are going to discuss can be difficult.

If you need an emotional timeout to take care of yourself – that’s okay.

If you want to connect, I would love to touch base after.
On the paper provided, brain dump (write) every word or phrase you can think of related to anxiety.

No word or idea should be left off of our paper.
It can be described as uneasiness, nervousness, worry, fear, or dread of what’s happened or what might happen.

- Is there a time when you felt anxious? What did you do?
- Has anyone ever told you they feel anxious? What did you do?
WHAT IS ANXIETY?
Anxiety can negatively affect friendships. If you’re social and suddenly avoid your favorite activities or stop making plans with friends, this may be a sign.

- Avoiding social interactions with usual friends
- Cancelling after school activities
- Skipping school
- Isolating from peer group
- Spending more time alone
Anxiety affects the mind and body. Pay attention to patterns. A couple of headaches here and there shouldn’t be a cause for concern, for example, but frequent headaches are a red flag.

- Frequent headaches, including migraines
- Gastrointestinal problems (irritable bowels, constipation)
- Unexplained aches and pains
- Feeling excessively tired
- Complaints of not feeling well with no obvious medical cause
- Changes in eating habits
While teens experiencing anxiety express feelings of constantly worrying, others experience subtle emotional changes such as:

- Feeling nervous
- Feeling on edge
- Irritability (quick to anger)
- Difficulty concentrating
- Restlessness
- Unexplained outbursts
**CATEGORY SORT**

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Misconception</th>
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A mental health problem that causes a persistent feeling of sadness and loss of interest in activities.

- Is there a time when you felt depressed? What did you do?
- Has anyone ever told you they feel depressed? What did you do?
WHAT IS DEPRESSION?
To support someone with anxiety or depression?

- Talk to them openly and ask how they are doing—and **listen**!
- Reach out and engage them in **activities**
  - If they don’t want to go somewhere, go to them and just hang out
- Send messages of **encouragement**
- Ask them what they would like you to do to support them—then do that
If you suspect someone has anxiety or depression?

• **Talk** to them about what you are noticing
• **Give them resources**
  - Refer to local youth helpline
  - Encourage them to go to their family healthcare provider
  - School based health center
  - School Counselor/School RN
• **Encourage them to tell a trusted adult**

**Online Resources:** apps like Headspace, Happify, TalkLife and Calm
To take care of yourself while caring for someone with anxiety or depression?

• Remember—you aren’t responsible for someone else’s illness
• Engage in self-care activities you enjoy (walks, sports, mani/pedi, etc.)
• Spend time with other friends too
• Talk to a trusted adult
• Online Resources: apps like Headspace, Calm
Draw/write ideas of what could be posted on social media to help others start a conversation about anxiety and depression.
REFLECTION

Take a moment to pause

1. Feet on the floor
2. Nice deep breath
3. Check-in with 2 people next to you
   • How are they doing?
   • How are you doing?