

# ANXIETY + DEPRESSION

## Anxiety Is Defined As:

Common reaction to life events  
that make day to day life hard  
to live.

## There Are Three Signs Of Anxiety:

### 1. Social Signs

- *Student notes based on slides*
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### 2. Physical Signs

- *Student notes based on slides*
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### 3. Emotional Signs

- *Student notes based on slides*
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## Brain Dump

Students select words that relate to their current perception of anxiety.

## Depression Is Defined As:

When sad feelings don't recover  
on their own, getting worse, and  
they begin to affect everything else  
in your life.

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## Supporting Someone With Anxiety or Depression:

Talk to them openly and ask how they are doing - and listen!

Reach out and engage them in activities.

Send messages of encouragement.

## Suspecting Someone Has Anxiety or Depression:

Talk to them about what you're noticing.

Give them resources.

Encourage them to tell a trusted adult.

## Self-Care While Supporting Someone:

Spend time with other friends too.

Talk to a trusted adult.

Engage in self-care activities you enjoy.