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

2. Physical Signs
   - Student notes based on slides

3. Emotional Signs
   - Student notes based on slides

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.
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.