Anxiety + Depression

Brain Dump

What Is Anxiety?

There Are Three Signs Of Anxiety:

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2. ______________________
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3. ______________________
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What is Depression?

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**Suspecting Someone Has Anxiety or Depression:**

- Talk to them openly and ask how they are doing - and __________.
- Reach out and engage them in __________.
- Encourage them to tell a trusted __________.

**Supporting Someone With Anxiety or Depression:**

- Talk to them openly and ask how they are doing - and __________!
- Reach out and engage them in __________.
- Send messages of __________.

**Take Care of Yourself:**

- Spend time with other __________ too.
- Talk to a trusted __________.
- Engage in __________ activities you enjoy.

Draw ideas of what could be posted up on social media to help others start the conversation about Anxiety and Depression.

**Your Role Is To Start The Dialogue Not Maintain Someone’s Safety**