



## **Depression & Anxiety Video:**

<https://amaze.org/video/puberty-depression-anxiety/>

### **Processing Questions:**

- The video stated that if you had certain feelings for more than a week, you might be depressed. What were some of the feelings that were mentioned?
- The video stated that if you had certain feeling for more than a week, you might have an anxiety disorder. What were some of the feelings that were mentioned?
- Why is it important to talk to a trusted adult if you're experiencing any of these feelings for longer than a week?
- Who are two trusted adults you would feel comfortable talking to about your feelings?
- What are some things you could say to start this conversation with a trusted adult?

### **Conversation Starters:**

- It seems like you have been really sad for a while. Can we talk about it and figure out what we can do together to make it better?
- I noticed that you've been worried about X lately. I'd like to help you feel less worried.
- I'm here for you when you're sad, anxious or scared and want to do what I can to help. Let's talk about ways I can do that.
- It looks like you've been feeling bad lately. I feel sad and worried too, sometimes. There are ways to feel better.