

Facilitator Guide



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Be Heard... Be Hope

Depression & Anxiety

Remember Your Job as Peer Ambassador:

- Make sure you display the meeting conversation **GROUND RULES** and cover them. This is the 4th slide in your PowerPoint Topic Awareness Presentation.
- You have 20 minutes for your group discussion. Elect a **timekeeper** who tells you when you have 5 minutes remaining.
- Your job is to keep the meeting focused and on track given the time allotted.
- Your job is to ensure that most discussion questions are covered and that **EVERYONE** who feels comfortable can contribute to the conversation.
- All opinions and points of view are accepted.
- Remember, based on personal experience, some people may get very emotional.
- Show **EMPATHY** with kindness in the tone of your voice.
- When people talk, try to help them stay on topic.

Slide 1: Introduce yourself and welcome members.

Slide 2: The topic we are covering today is Depression and Anxiety.

Slide 3: READ SLIDE: REVIEW MEETING AGENDA

Slide 4: STATE: Before we start let's go over these ground rules:

- No phone use, please
- No side conversations
- All opinions accepted
- It's important to share
- Try to stay on topic

Slide 5: Let's begin our meeting with our clubhope Affirmation. The Affirmation is also on the back of your name tent. Let's say the Affirmation out loud together.

- We respect and honor all opinions and feelings.
- It is okay not to talk but all are encouraged to participate when ready.
- No one is judged, we show respect and empathy for each other.
- No one is perfect, we all face problems, and we try to improve our situation one day at a time.
- I may come to learn that others are dealing with the same issue I face.
- It is understandable that some of us possess untold truths about the way we feel and what we have experienced.
- We gather to have meaningful conversations to recognize we are not alone.
- Seeking professional support can help me, there is no shame in asking for help.
- We want to help others and ourselves.
- Be Heard . . . Be Hope

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Slide 6: What is depression?

- Depression is a mood disorder that affects how you feel, think, and behave and can result in a variety of physical and emotional problems.
- Depression is commonly characterized by a prolonged sense of hopelessness and a loss of interest. It may be advanced by both genetic and environmental factors.

Slide 7: Everyone at any time can have depression. But children and teens our age are prone to depression.

- Depression is the leading cause of disability among adolescents aged 15-19 worldwide.
- Roughly 1 in 5 teens experience depression before reaching adulthood. Teen girls are more likely to experience depression than boys before adulthood
 - 20% girls
 - 7% boys

Slide 8: Teen depression is also linked to increased risk of suicidal thoughts and behaviors.

Slide 9: The likelihood of depression increases if you have a history of the following:

- Family depression
- Trauma or abuse
- Chronic illness
- Take certain medications that have depression side effects

Slide 10: There are many different factors that can influence and cause depression which impacts our daily life, including:

- School performance
- Relationships
- Which can cause:
 - Social isolation
 - Increased risk of substance abuse

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Slide 11: Depression can subconsciously affect us through our overexposure to social media. We often:

- Engage in social comparison on social media where we compare our own lives, achievements, and appearances with those of their peers and influencers.
- This can lead to feelings of inadequacy and low self-esteem when we perceive others as having more exciting and successful lives.

Slide 12:

- Depression can also influence us just like our influencers where we see on a daily basis what is called “Idealized Imagery”.
- This content presented on social media often portrays an idealized version of people's lives, which can create unrealistic expectations and standards for our own selves

Slide 13: Can anyone share a story of a social media influencer you know of or follow that dealt with depression or committed suicide?

Slide 14:

- Spending excessive time on social media can lead to reduced face-to-face interactions and outdoor activities, both of which are important for mental health and well-being.
- Late-night social media use can disrupt sleep patterns, which are crucial for emotional regulation and mental health.
- Poor sleep quality has been linked to increased risk of depression.

Slide 15: Through our phones we can easily be subject to:

Cyberbullying

- We are targeted with hurtful or negative comments, messages, or actions.
- We get negative feedback and trolling. Negative comments, criticism, or trolling on social media can have a significant impact on our self-esteem and emotional well-being.

Slide 16: So, why are we (or so many of us) afraid to seek help for depression?

Slide 17: We often don't seek help because of the “Stigma” that surrounds depression, which includes many of these hidden factors:

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- **Shame** – Fear of being judged or being labeled as “crazy”.
- **Weakness** – Fear of appearing “weak” if we admit we are dealing with depression.
- **Denial** – We downplay the severity of our symptoms – just going through a phase.
- **Burdening Others** – We don’t want to burden friends and family with our problems to cause them stress.
- **Privacy** - We worry that our privacy will be breached if we seek help, and that our parents or others will learn of our struggles without our consent.
- **Coping Strategies** – We turn to substance abuse or self-harm instead of seeking help.

Slide 18: Here are the keys signs of depression:

- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities
- Sleep disturbances, including oversleeping or insomnia
- Tiredness and a lack of energy (small tasks take extra effort)
- Increased cravings for food and weight gain or reduced appetite and weight loss

Slide 20: Here are more key signs:

- Anxiety, agitation, and restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal ideation, and/or attempted suicide
- Unexplained physical problems, such as back pain or headaches

Slide 20: Can someone explain the difference between depression and anxiety?

Slide 21: What is anxiety?

- Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes such as increased blood pressure.
- Anxiety is different from fear, but they are often used interchangeably.
- Anxiety is considered a future-oriented, anticipatory, long-term response broadly focused on a diffuse threat, while fear is an appropriate, present-oriented, and short-lived response to a clearly identifiable and specific threat.

Slide 22: Here are the clinical differences between depression and anxiety:

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- Anxiety and depression are distinct yet interconnected emotional experiences that often affect teens.
- **Anxiety** involves an **overwhelming sense of worry and fear about future events**, which can lead to physical symptoms like a racing heart and shortness of breath. Teens with anxiety may also engage in avoidance behaviors to manage their distress.
- **Depression** is characterized by **persistent feelings of sadness and emptiness**, often accompanied by a loss of interest in once-enjoyable activities.
- While **anxiety** is marked by a **heightened state of arousal**, **depression** is characterized by a **pervasive sense of emotional numbness**.
- It's important to recognize these differences to provide appropriate support and intervention for teens facing these challenges.

Slide 23: If you are dealing with anxiety here is how you will know:

- You experience panic that interferes with your daily activities, worry is difficult to control, fear is disproportionate to the actual danger and can last a long time.
- You may purposely avoid places or situations to prevent these feelings.
- Symptoms may start during childhood or the teen years and continue into adulthood.

Slide 24: Other symptoms include:

Physical Symptoms:

- Cold or sweaty hands
- Dry mouth
- Heart palpitations
- Nausea
- Numbness or tingling in hands or feet
- Muscle tension
- Shortness of breath

Mental Symptoms:

- Feeling panic, fear, and uneasiness
- Nightmares
- Repeated thoughts or flashbacks of traumatic experiences

Slide 25: Here is how to get help for depression and anxiety to treat it through:

- Psychotherapy (“Talk Therapy”)
 - Professional Counseling

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- Prescription Medication
- Learned self-help practices

Slide 26: The first step in getting help is to admit you have a problem and seek the help of any person you trust including:

- School counselor
- Therapist
- Teacher
- Family member
- Minister
- Rabbi
- Inman
- Guru

Slide 27: Besides seeking professional help there are many effective self-help practices to follow to combat depression that include:

- Eating regular, healthy meals.
- Getting at least thirty minutes a day of physical activity.
- Practicing meditation and mindfulness.
- Maintaining a regular sleep cycle.
- Connecting with people and talking to those you trust about how you are feeling.
- Engaging in enjoyable activities.

Slide 28: We deserve a happy life.

- Seeking help does not mean we are broken.
- We deserve a happy life, and by talking to someone who understands and knows how to guide us, we are taking an important step towards achieving good health.

Slide 29: Okay, it's time to talk about this subject as a group. I am going to ask the group some questions and I would like people to weigh in on what I am asking.

Slide 30: FACILITATE GROUP DISCUSSION (LOOK AT CLOCK TO DETERMINE HOW MUCH TIME YOU HAVE - THIS DISCUSSION IS SLATED FOR 20 MINUTES)

ASK THESE QUESTIONS:

- Would anyone like to share a personal experience with depression or anxiety or know of a friend - **keep anonymous** - that is dealing with these issues?

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- What things would you tell a friend who is dealing with depression to comfort them?
- Why do we have such difficulty with seeking professional help?
- What things do you do that are healing and positive when you are feeling really down?
- Who are the people in your life you feel comfortable talking to about your feelings? How have they supported you?
- Have you ever caught yourself thinking in a way that makes your anxiety or depression worse? How did you challenge or reframe those thoughts?
- Can you think of a difficult situation you've overcome? What strengths did you draw upon to get through it?

Slide 31: We had some great conversations on today's Topic Awareness Presentation. I would like you to please follow clubhope™ on Instagram so we can continue to share and help one another.

Slide 32: COVER: (ANY CLUB FUNDRAISER, BUSINESS OR OTHER ACTIVITIES. ASK FOR VOLUNTEERS. WRITE DOWN WHO IS DOING WHAT AND BY WHEN)

STATE: DATE AND TIME OF NEXT CLUB MEETING.

Slide 33: Thank you for today!

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