



Be Heard... Be Hope

Welcome



TODAY'S TOPIC AWARENESS PRESENTATION

Depression & Anxiety



While the information contained herein was obtained through sources deemed reliable, it is not guaranteed as to its accuracy and no warranty or representation, expressed or implied, is being made. This document is provided for educational and informational purposes only and does not constitute providing medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed health professional. Always seek the advice of your doctor or other qualified health provider regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this source. If you think you may have a medical emergency, call 911 or go to the nearest emergency room immediately. The information contained herein should never replace the advice of a trained and licensed health professional.

Meeting Agenda

	Agenda Items
	Ground Rules & clubhope™ Affirmation
	Topic Awareness Presentation: Depression & Anxiety
	Group Discussion
	Lessons Learned and Takeaways
	Next Club Meeting Topic
	clubhope™ Instagram
	Adjourn Meeting

Ground Rules



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

clubhope™ Affirmation

- *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*

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.

Depression and Teens

- 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



Depression and Suicide

Teen depression is closely linked to increased risk of suicidal thoughts and behaviors.



Depression Factors

Severity of depression is often linked to a history of:

- Family depression
- Trauma or abuse
- Chronic illness
- Certain medications with side effects

Depression Influences

Depression can significantly impact teens' daily lives affecting:

- School performance
- Relationships

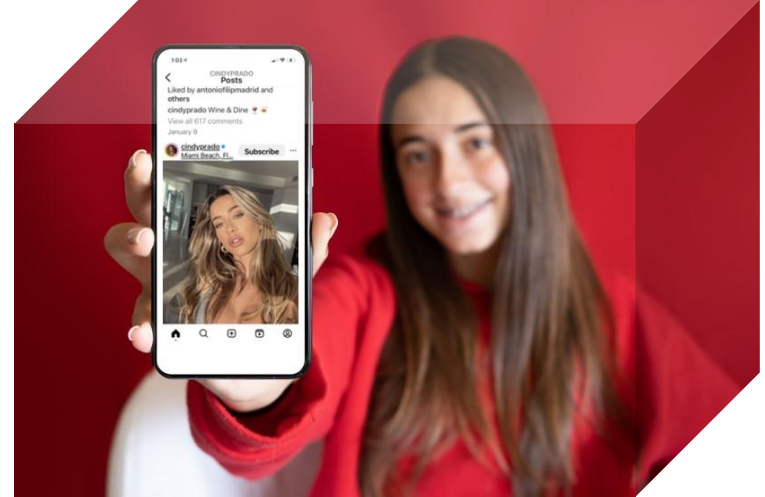
It can also cause:

- Social isolation
- Increased risk of substance abuse



Depression and Social Media

- We often engage in social comparisons 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 if we perceive others as having more exciting and successful lives.



Depression and Social Media

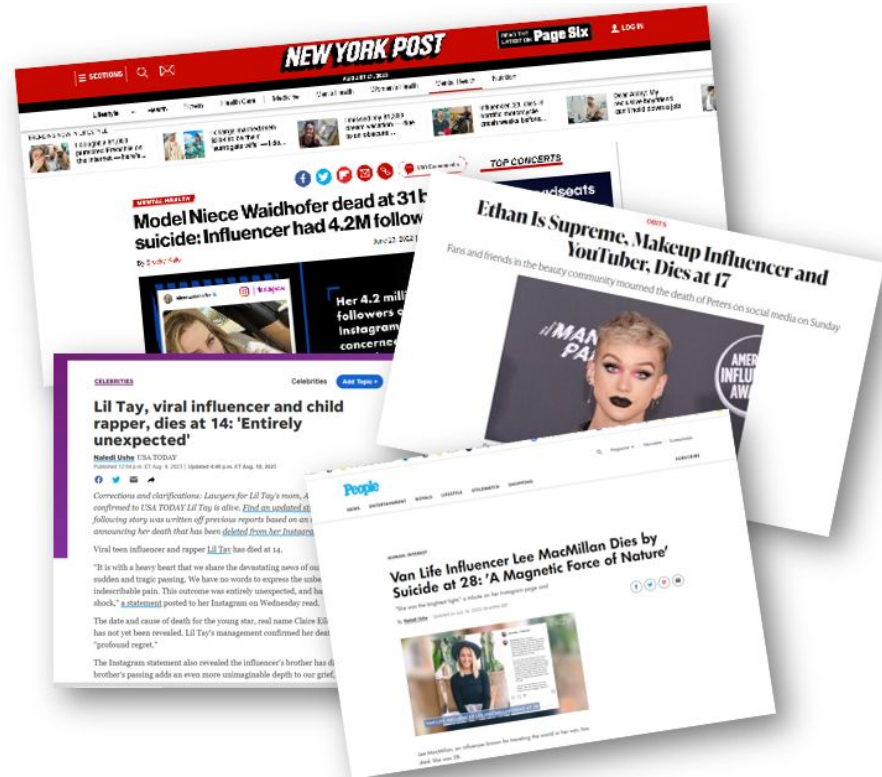
Idealized Imagery

- 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.



Depression and Social Media

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



Depression and Social Media

Excessive Screen Time

- 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.

Sleep Disruption

- 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.



Depression and Social Media

Cyberbullying

- We are targeted with hurtful or negative comments, messages, or actions.
- 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.



The Stigma of Depression

Why are so many of us afraid to seek help for depression?

The Stigma of Depression

Some key reasons why many of us we as teens do not seek help for depression:

- **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 do not 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.

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



Signs of Depression

- 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



Depression & Anxiety

Is anxiety the same as depression? Does anyone know?

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.

The Difference Between Depression & Anxiety

- 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 is important to recognize these differences to provide appropriate support and intervention for teens facing these challenges.

Feelings of Anxiety

- These feelings of anxiety and panic interfere with daily activities, are difficult to control, are disproportionate to the actual danger and can last a long time.
- You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood.



What Are Anxiety Disorders?

Symptoms of anxiety can present as physical, mental, and/or behavioral and they 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

Seeking Help for Depression & Anxiety

The different ways to treat depression include:

- Psychotherapy (“Talk Therapy”)
- Counseling
- Medication
- Self-help practices



First Steps

For those dealing with depression, consider talking to ANY PERSON YOU TRUST:

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

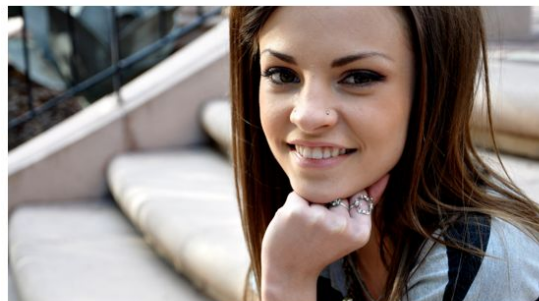
Self-Help Practices for Depression

- Eat regular, healthy meals.
- Get at least thirty minutes a day of physical activity.
- Give meditation and mindfulness a try.
- Maintain a regular sleep cycle.
- Connect with people and talk to those you trust about how you are feeling.
- Engage in enjoyable activities.



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.



Group Discussion



CAPTURE TAKEAWAYS

Group Discussion



- 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?
- 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?

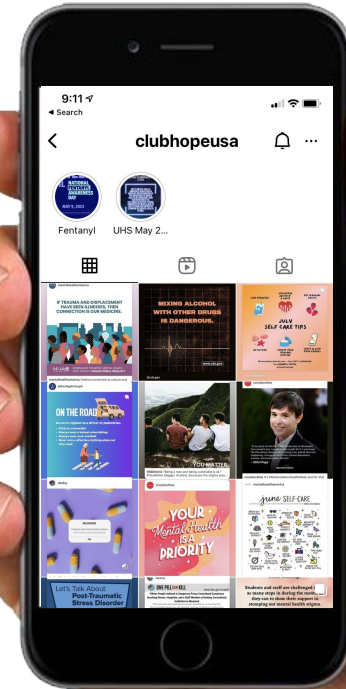


CAPTURE TAKEAWAYS

Instagram

@clubhopeusa

<https://www.instagram.com/clubhopeusa>



Club Business

- **Status of Fundraisers & Events**
- **Next Meeting Date & Time**



See You At The Next Meeting

That's All Folks

