



The goal of this Study Guide is to facilitate for students of teenage years a better understanding of issues such as, Addiction, LGBTQ Community , First Nation Issues, Mental Illness such as anxiety, depression, self-harm, and suicide. The Unit is comprised of 13 short videos depicting a reenactment of real life experiences intended to help reduce stigma surrounding these topics and continue to promote an environment of greater understanding, support and acceptance in our society today.



Teens 101 Study Guide

Episode 7 – Depression & Anxiety – Eleanors Story

Episode #7 – “Depression and Anxiety” (Eleanor’s Story)

Eleanor had a hard time fitting in. She was severely bullied through elementary school. High school wasn't any different but this time it got a lot worse as she became very depressed and developed paralyzing anxiety to the point where she couldn't breathe. It was physical pain for her. She wouldn't be able to enter a room full of people nor could she be touched. Life was unbearable. It took time, support and focus but with therapy and medication, Eleanor blossomed into a happy young woman that now study's psychology in University and works in an institution assisting troubled youth.

Learning Goals:

After taking the quiz entitled " How much do you know about Depression and Anxiety" and after viewing Episode # 7 and discussing his/her responses with the class and the teacher, the student will understand how depression and anxiety can occur, know how depression and anxiety affect the teenage brain and be able to provide strategies to deal with depression and anxiety for a successful outcome.

Prior Learning:

Prior to the viewing of Episode # 7 the student will potentially have an understanding of depression and anxiety through different forms of media, through possible personal experiences and his/her own opinions and perceptions of depression and anxiety.

Minds On:

Before the viewing of Episode # 7 the students will have taken the quiz entitled "How much do you know about Depression and Anxiety" (See worksheet # 7a) and have discussed with other students and the teacher some facts and misunderstandings about Depression and Anxiety.

Action:

The students will be given questions on Episode #7 (See Worksheet 7b). Discuss with the students that they will have to respond to the questions as they are watching the Episode and be prepared to discuss their responses following the episode.



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Following the discussion of the episode questions bring the students attention to the section of the episode where Dr. K. discusses how Eleanor is not alone in her experience of depression and anxiety. His list four possible reasons that may cause these issues:

1. Emotional trauma
2. Poor Diet
3. Social Media influences
4. Constant Technical bombardment on the young teenage brain.

Place the students in groups of four to discuss . Ask the students to come up with examples from media and/or personal examples to support Dr. K's assertions.

Consolidation and Connection:

After each group has discussed and developed ideas that support the four possible causes outlined in the episode, each group will then present their findings.

Make the students aware that Depression and Anxiety will be one of the topics that they will have a choice of completing an assignment on after all of the thirteen episodes of "Teens 101" have been viewed.



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Episode 7 – Depression & Anxiety – Eleanors Story

Answer Sheet

How much do you know about Depression and Anxiety?
Worksheet 7a

1. Anxiety is not a real illness. **T/F (False- An anxiety disorder is a real illness and can be diagnosed by a trained health care practitioner.)**
2. A panic attack can make you pass out and lose control of yourself. **T/F (False-Although a person may feel they are out of control, they are not and they will not pass out due to the increase in heart rate that happens during a panic attack.)**
3. Anxiety disorders are not very common. **T/F (False- according to the National Institute of Mental health, nearly 1 out of 5 people have experienced some form of an anxiety disorder.)**
4. Alcohol and or pot is helpful with controlling an anxiety disorder. **T/F (False- Both these substances can exacerbate anxiety symptoms making the individual worse and possibly leading to addiction)**
5. People with an anxiety disorder should just be able to snap out of it. **T/F (False- people with anxiety usually need to seek the help pf a psychologist or psychiatrist who will implement a therapy called cognitive behavioral therapy that helps the person deal with their anxiety disorder effectively.)**
6. Depression is more common than AIDS, Cancer, and diabetes combined. **T/F (True)**
7. Depression only happens when something bad happens in a person's life like a breakup or death of a loved one. **T/F (False-Although these events may be very sad for an individual ,Depression is marked by an extended period of sadness, hopelessness and loss of interest in everyday things.)**
8. Talking about Depression makes it worse. **T/F (False- In fact the opposite is true, talk therapy and openly discussing your feelings have shown to improve a person's mental health.)**
9. Depression is a serious illness but most people get better with help in time. **T/F (True)**



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Episode 7 – Depression & Anxiety – Eleanors Story

Quiz 7a - How much do you know about Depression and Anxiety?

1. Anxiety is not a real illness.

| | |
|------|-------|
| True | False |
|------|-------|
2. A panic attack can make you pass out and lose control of yourself.

| | |
|------|-------|
| True | False |
|------|-------|
3. Anxiety disorders are not very common.

| | |
|------|-------|
| True | False |
|------|-------|
4. Alcohol and or pot is helpful with controlling an anxiety disorder.

| | |
|------|-------|
| True | False |
|------|-------|
5. People with an anxiety disorder should just be able to snap out of it.

| | |
|------|-------|
| True | False |
|------|-------|
6. Depression is more common than AIDS, Cancer, and diabetes combined.

| | |
|------|-------|
| True | False |
|------|-------|
7. Depression only happens when something bad happens in a person's life like a breakup or death of a loved one.

| | |
|------|-------|
| True | False |
|------|-------|
8. Talking about Depression makes it worse.

| | |
|------|-------|
| True | False |
|------|-------|
9. Depression is a serious illness, but most people get better with help in time.

| | |
|------|-------|
| True | False |
|------|-------|



Teens 101 Study Guide

Episode 7 – Depression & Anxiety – Eleanors Story

Episode #7 Questions - Eleanor Worksheet 7b

1. How does the narrator describe an anxiety attack?
2. What happened to Eleanor in high school and why was she targeted by her peers?
3. Eleanor developed anxiety and depression. Describe some of her symptoms and behaviours associated with anxiety and depression.
4. How does Eleanor describe an anxiety attack?
5. What does Eleanor say that Anxiety equals and what does she say that Depression equals?
6. How does Eleanor begin to fix her issues while opening up the lines of communication that eventually become one of the things that help her with her anxiety and depression?
7. How does the teacher at her school help her get better and turn her life around? What advice does her teacher give her?
8. What realization did Eleanor come to about people and about herself and how is she now helping others?
9. What is one of the coping tools Dr. K .mentions when dealing with anxiety?
10. Dr. K .compares the brain to a muscle. What exactly does he say?