

## Worksheet 2

# The Open Window

## *Overcoming Depressed Feelings*

*Framton Nutter tried to say something which should politely flatter the child. Privately, he doubted more than ever whether these specially arranged visits to total strangers would do much towards helping him recover from the nervous collapse he had recently suffered.*

A 'nervous collapse' is more commonly termed nowadays as a phase in someone's life when they feel great anxiety or depression. Anxiety and depression affects many young people and despite them being relatively common experiences, if left untreated it can have very serious consequences.

Depression can be somewhat difficult to diagnose because, unlike a medical problem e.g. a broken arm, it is hard to pinpoint when it started or what caused it. Overcoming depression can be difficult, but it is certainly possible

**Task 1:** Create an informative brochure about depression. Include the following information:

- ❖ Definition of depression.
- ❖ Causes of depression.
- ❖ Signs of depression.
- ❖ How to recognise if someone is depressed.
- ❖ How to know if it is becoming a more serious mental illness.
- ❖ Where people who are depressed can get help.
- ❖ Explain how certain lifestyle changes that can help improve a depressed mood.  
For example: exercising, building supportive relationships, minimising stress, rejecting negative thoughts, regulating sleep patterns, learning a relaxation practice, participating in enjoyable activities, making healthy food choices.

**Extension Activity:**

- Write a reflective recount about a time in your life when you felt overwhelming sadness or a depressed mood. Explain what caused you to feel like this and what helped you the most to get through this difficult period of your life.