**Depression among the teenagers**

**OBJECTIVES:**

After the workshop the student should:

- Know what depression is

- Know how it manifests itself

- Know the reasons

- Know how to deal with difficult situations and prevent depression

- Strengthen your self-esteem

**AGE GROUP**:

Teenagers and adults

**LEVEL**:

CEF level A2 and above

**TIME**:

45 minutes (60 minutes with poster activity).

**METHODS AND TECHNIQUES OF WORK**:

lecture, discussion, test, exercise - "card game", exercise "My lifestyle", film "Depressed".

**PROCEDURE:**

**1. Lecture and discussion - How to recognize a person affected by depression?**

A person suffering from depression often does not recognize their condition, treats it as a physical illness or an ordinary feeling of sadness. It is therefore worth knowing the **typical symptoms of clinical depression:**

- **Depression** - a frightened face, tears, sadness. It may also include a lack of attention to appearance. Some people try to hide their mental state behind the facade of a smile (artificial smile).

- **Painful thoughts** - a man in depression is characterized by an attitude strongly negative:

· He/she lives his mistakes endlessly, he teases himself in guilt and defeat - if I acted otherwise - he accuses and condemns,

· He/she feels embroiled by his mistakes, problems that grow in his eyes to a disproportionate size,

· He/she believes that his suffering and problems will never end

· Deprived of motivation and interest in all activities

· Avoids people

- **Anxiety** - tension, nervousness, excitement. Some depressed people stare dully at the ceiling, others can not sit still.

- **Physical symptoms** - disturbances of sleep, appetite, digestion, headaches, dry mouth, faster or irregular heartbeats.

- **Illusions** - in severe cases, persecutory mania - all plot against me or volume mania, visual and auditory hallucinations.

**2. Test - mark what applies to you ( 1 sheet per student)**

• I want to cry more than a year ago

• I lost my enthusiasm for the classes I once liked

• I'm sad

• I often feel helpless / helpless

• I have no hope for the future

• I seem unusable / useless to myself

• I lose my appetite

• I lose weight without doing anything

• I have sleep problems

• My mind is not as bright as it once was

• I am often restless and irritable / irritable

• I have less energy than usual, I get tired easily and without a reason

• My motivation has considerably weakened

• I have been easily irritated recently

• The morning is the worst moment of the day

• I think a lot about myself

• I do not like what / what I am

• I think a lot about the past

• I have more physical ailments than last year

• People notice that I do not work / do not learn / behave as I used to

• Recently I thought / thought about it, that it is not worth living

• I think it would be better for everyone if I died / died.

**Seven or more confirmations** in more than two weeks means that you probably have trouble with depression. **You need professional help**. Contact a psychologist and you will feel better.

**3. Lecture and discussion - sources of depression:**

a**) Internal factors** - genetic predisposition

You can inherit the body's tendency to specific physical symptoms of depression, eg headache, indigestion. However, depression as a result of the wrong method of dealing with anger and guilt. Other emotional factors are low self-esteem and loneliness.

Taking responsibility for your depression for the majority is difficult. It is much easier to blame parents, surroundings or genes. Internal depression factors - at least in the initial phase - are subject to our control.

b) **External factors**

We basically have no influence on external factors. They are often an impulse leading to depression. The impulse, however, triggers a reaction, but whether it is right or not depends on us.

- Significant loss - death of a loved one, job loss, health problem, serious accident

- Significant change - inappropriate reaction to changing the life situation (moving house, changing school) - stress

- A wounded image of yourself - depression can trigger emotional trauma that strikes the image of your own self. Breaking the relationship, divorce of the parents evokes a sense of abandonment or conviction about their own worthlessness, which can lead to depression.

- Forced perspective. Distributing values ​​in the face of various temptations and pressures. The world presented in the media and reality (power, wealth, aggression, violence) arouses jealousy. Man begins, so question his principles. The defense is to adopt the correct hierarchy of values ​​- what is most important to me and does not violate my principles.

**4. Exercise - playing cards**

Each participant of the class receives three cards - on each of them he writes his name and the first letter of the surname. We throw cards on one pile. Each participant takes out three of them. Write something nice about each person on the card. The notes are returned to the owners.

Question to the class participants - How do you feel? Is it nice to find out something positive about yourself? - everyone speaks their feelings in turn.

**5. Lecture and discussion**

Preventing depression and getting out of it - depression is curable and can be prevented:

• Recognize that you are responsible both for your depression and for getting out of it. Your attitude, anger and thinking depend on you

• Observe your thoughts - strengthen positive thinking

• Get rid of anger on a regular basis (often forgive, solve problems, do not hide resentments, talk, express feelings).

• Do not make yourself depressed with tools, means of retaliation or manipulation. It may be a desire to attract attention, make others as unhappy. The goal is achieved, but everyone just feels worse

• Get close to family and friends - do not neglect relationships with parents, siblings and friends. Conversations, common problem solving, openness, honesty is a powerful anti-depressant

• Avoid exaggerating yourself. Entering into yourself and reflection is a great instrument for coping with emotional problems that should not be lost in control. Too much self-reflection leads to an unrealistic criticism that goes beyond objectivity

• Make changes in your behaviour. There is feedback between thinking and behaviour. Your behaviour results from how you feel and how you feel about how you behave. Make an informed decision to break this circle with a nice gesture

• Change your autodialogue - think positively, self-suggestion is the key to success. Thinking type: always something breaks leads to the fact that this is happening

• Be assertive - express your feelings and needs, engage in dialogue

• Organize your life so that it gives you satisfaction - a sensible schedule of the day - time for work, rest, relationships with people, time for yourself

• Accept the fact that you are only human - everyone makes mistakes, do not focus too much on them and do not try to punish them

• Learn to laugh - it is a natural medicine, relaxes and stimulates the secretion of brain substances - endorphins that affect the further improvement of mood. Learn to laugh yourself. Look for people in whose company you are cheerful

• If you can not deal with yourself - use professional psychologists or psychotherapists.

These rules can be given to every participant in the class.

**6. Exercise - my lifestyle**

Each participant receives a cardboard box and markers. There are 10 balloons on the cardboard box and each participant should write one phrase describing his/her current lifestyle, - what I do, what I like, what is important to me, etc.

Volunteers can relate their lifestyle, let the rest think about whether to change something in their lives.

**7. Watching a film "Depressed" as a summary. You can always win with depression.**

**8. Final summary of classes, feedback.**

Finish the sentence:

Classes were ...... ..

In class .........