



LESSON # 5 – DEPRESSION

MATERIALS:

- Projector or smart board to display PowerPoint

**** Background information on the following lessons and other mental health information can be found here:

<https://mhcurriculum.org/wp-content/uploads/2018/11/final-teacher-knowledge-update.pdf>

1. BREATHING EXERCISES

- begin lesson by using one of the breathing strategies that was taught in lesson #3 – box breathing or starfish breathing
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2. POWER POINT

- Brainstorm what depression is
 - Depression is a disturbance in the domain that controls emotion
 - Depression occurs when your mood drops very low and stays there for a minimum of 2 weeks (people should not diagnose themselves or others)
- Show Depression video on slide #7
 - Questions to ask from the video
 1. Why do they have a monster represent the Depression?
 - To show that it is something that is happening to you, by no fault of your own – to separate the person from the illness



2. What is the significance of the elevator?
 - Any time you have thoughts of wanting to die, that is a sign to reach out for help
 - Treatment – a healthy lifestyle can really help symptoms of depression
 - Can explore discussion around what happens on a day where you don't sleep at all or when you eat foods with a lot of sugar, etc.
 - Important to note that there is new research from Harvard that shows that exercise can work as well for treating depression as anti-depressants because of the feel-good chemicals (endorphins) that are released and exercise also helps to bring serotonin to the brain
 - The new research also shows that even a little exercise – including doing chores can help improve mood – just get up and move
 - The best form of exercise for depression is exercise that you do outside – fresh air and being around living things can improve your mood significantly
 - It is important to remember though that often people who are suffering from depression are struggling with motivation and may feel very fatigued and unmotivated which can make it difficult to exercise
 - Important to know that anti-depressants like SSRI's can take anywhere for 6-9 weeks to start working
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3. LIFE PROMOTION TOOLKIT

- Allow time to continue working on the self-care toolkit

