

Feeling Down

Q1 Which of these are symptoms of depression?

Tired all the time	Finding it hard to concentrate	Sneezing	Forgetful
Panic attacks	Out-of-date mobile phone	No energy	Major mood swings
Hairy palms	Waking up feeling exhausted	Stiff joints	Crying really easily

Q2 Copy and complete the paragraph, choosing the right words from below to fill in the gaps (you may need to use the same word twice):

symptoms *most of the time* *lots of* *mind* *most weird*
doctor *a couple of weeks* *twenty-four hours* *every now and then* *glands*

Depression isn't just "feeling down". It's an illness that affects the
 People who have depression feel bad about themselves and their lives
 people have it at some point in their lives.

There are lots of different of depression. If you're depressed you don't always get them all at the same time. If you do have some of the and they don't go away after, you need to go to the

Q3 "I've lost my earrings," squealed Cornelia Compton-Corset. "I'm so totally depressed."

- Would you say Cornelia is genuinely depressed?
- Explain your answer to a).

Q4 What can you do from day to day to avoid getting too down?

DISCUSSION QUESTION

Q5 Gina is feeling really low — all the time. She thinks she's got full-blown depression.

What should Gina do?

Make a list of questions to help Gina work out whether she's really depressed, and suggest what she can do if she is.

If you're depressed get help — don't let things get worse...

Lots of people do get depressed at some point — but that doesn't mean you definitely will or that if you do