

## Session 9: Depression and Anxiety

Hello, everyone, and welcome to our Depression Support session. Today we will be thinking about **Depression and Anxiety**. These sessions will run at the same times each week and they are an opportunity for you all to learn from and share with one another. Let's remember to show kindness and support to others in the group at all times. If you need more support during this time, please connect 1-1 with a listener.

Everyone is welcome to share and participate as they would like, but we respectfully ask you to limit your conversations in this room for the time being so the discussion can take place.

1. Let's start with a quick ice-breaker! What is your favorite type of weather?
2. On a scale from 1 to 10, with 1 being the worst and 10 being the best, how would you rate the way you're feeling right now? Can you explain why you feel this way right now?
3. How would you describe anxiety? What emotional and physical symptoms do you experience when you have anxiety?
4. What effect does anxiety have on your depression? Does it make it worse, if so, how?
5. Struggling with two illnesses at the same time can be extremely difficult! In what ways has anxiety affected the way you think about and cope with depression?
6. From your personal experience, what came first for you, the depression or the anxiety? Do they trigger each other?
7. When does anxiety affect you? When does it have the biggest effect on your depression?
8. What are some of the techniques you use to help reduce your anxiety? Have you heard of alternatives strategies?
9. Are there any ideas we've shared so far to reduce anxiety that you might want to try out? If so, which ones?
10. In the beginning we asked you to rate how you are feeling on a scale from 1 to 10, with 1 being the worst and 10 being the best. How would you rate how you are feeling now?

**Feedback Form (to be shared when the session has ended):**

<https://goo.gl/forms/Olp5L4cls9Kcs0va2>