

Emotional Intelligence Training - Dealing with Depression

1. What is Depression? A _____ of the brain. Varies in degrees from _____ to _____. It can strike every _____, every _____, even _____.
2. Statistics--- Women _____
Men _____
Adolescents _____
3. There are 8 types of depression discussed in the presentation. Name 4.
_____, _____
_____, _____
4. There are 6 myths of depression. Name 3. _____
_____, _____
5. What are some of the common symptoms of depression?

6. Name at least 5 social and economic factors involved in depression.

7. Name at least 5 social and economic factors involved in adolescent depression.

8. Name at least 5 medical conditions that can cause depression symptoms.

9. Name at least 5 treatment options for depression. _____

10. Achieving Shalom ; name 4 ways that can help you find Shalom:

11. Name 4 ways to abide in God. _____

12. What are the truths about depression? Depression is

_____. Depression is _____.

Depression is

_____.

