



DEALING WITH DEPRESSION

Welcome, Brave One! As a part of our “Brave Where You Are” series, we encourage you to use these discussion questions with your group or on your own. We all have the ability to be BRAVE in some way, right where we are! Our hope is that this lesson empowers you to understand that you are valued, you are loved, you have a purpose, and that you can use these tools to help someone else! **We are cheering you on.**

STEP 1: Watch the “Dealing with Depression” video by Mauri Cummins here: <https://youtu.be/BZlxJbgx2lc>

STEP 2: Walk through the below discussion questions on your own or with your group.

If you struggle with depression:

1. What is one way you can get physically active this week?
2. Who is a friend you can call and reach out to when you’re feeling down?
3. What are 5 things that make you smile? How can you do more of those things?

If you don’t struggle with depression:

1. How can you hold an umbrella out for a friend this week?
2. Who are some friends you want to be more intentional with?

STEP 3: Share with a friend! Everyone has someone they know who needs more tools and resources to navigate their every day challenges. Who can you share this lesson with today?

For more online lessons and activities, go to braveglobal.org/resources