

**EVERY  
GENERATION**  
*Needs a New  
Revolution*

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## **How To Recognize Anxiety & Depression in Students**

### **Discussion Questions:**

1. Which of the warning signs discussed aids in your understanding of how to help students?
2. Why do you think it is important for us to speak up about possible signs of anxiety and depression?
3. Does anxiety and depression look the same for all ages and stages? Discuss some of the possible differences.

### **Takeaways:**

- Using the "Old Way" of thinking, depression & anxiety are sins, character defects, and due to lack of faith or joy. However, the "New Way" of thinking, depression & anxiety are medical conditions, treatable, and an occasion when the Church needs to lean in.
- Anxiety and depression are not problems to manage, but a person to care for.
- 1 out of 5 children living in the US experience a mental disorder in any given year. This is common and you are not alone.