Name _____

Rising Above: Dealing with Anxiety and Depression

Open-Ended Response Questions

1. Can you share a personal experience when talking about your feelings with someone you trust made you feel better?

2. What are some hobbies or activities you enjoy that help lift your spirits when you're feeling down?

3. How can relaxation techniques like deep breathing be practiced in everyday life to reduce stress?

4. Describe a situation where breaking a task into smaller steps helped you overcome a challenge or problem.

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