

Name _____

Rising Above: Dealing with Anxiety and Depression

Open-Ended Response Answer Key

1. Possible answer: (Personal experiences will vary. Example: "I once talked to my best friend about how I was feeling really down, and just sharing my feelings with her made me feel lighter and less overwhelmed. She offered support and listened without judgment.")
2. Possible answer: (Various hobbies and activities can be mentioned, such as drawing, reading, playing a musical instrument, or playing sports.)
3. Possible answer: (Methods for practicing deep breathing in everyday life can include taking deep breaths before a test, counting to five while inhaling and exhaling slowly, or using deep breathing techniques before bedtime to relax.)
4. Possible answer: (Personal experiences will vary. Example: "When I had a big school project, I felt overwhelmed. So, I broke it into smaller steps like researching, outlining, and writing. It made the project more manageable, and I completed it successfully.")

