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# Emotional Workshop:

## Understanding and managing depression



### Objective:

- To provide participants with a comprehensive understanding of depression
- To explain how depression affects both mind and body
- To introduce essential management strategies for depression
- To create a supportive environment for learning about depression

### Key components:

- Introduction to depression and its impact on daily life
- Educational video on understanding depression
- Interactive discussion about depression's effects
- Group reflection and sharing of insights



### Duration:

45 minutes

# Workshop:

## Understanding and managing depression



### Workshop overview

Welcome to *The emotional education workshop*! In the next 45 minutes, we will explore depression management, discussing its impact on the emotional, psychological, and social aspects of life.

- **Introduction (5 minutes)**

Play a short video (2-3 minutes) explaining depression in an engaging and relatable way. The video should cover:

- What depression is
- How it affects the body and mind
- Why managing depression is important
- Use a YouTube video like "What is Depression?":
  - <https://www.youtube.com/watch?v=yEGVmiudF-o>

- Facilitate a brief discussion:

- Ask participants, "What stood out to you in the video?"
- "Did anything surprise you about how depression affects the body?"



# Workshop:

## Understanding and managing depression



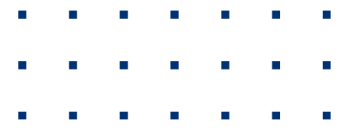
### What makes you feel depressed?

Activity 1: Identifying depression triggers (10 minutes)

- **Visual prompt:**
  - Show a series of images on a screen or handout that depict common depression triggers (e.g., isolation, loss, seasonal changes, relationship difficulties, work pressure).
  - Ask participants to identify which of these situations they relate to most.
- **Interactive AI tool:**
  - Use an AI-based word cloud generator (e.g., Mentimeter or Slido) to collect participants' responses anonymously.
    - <https://www.mentimeter.com/>
    - <https://www.slido.com/>
  - Ask them to type in their personal depression triggers using their phones, and display the word cloud in real-time. This visual representation will help participants recognize shared experiences within the group.
- **Discussion:**
  - Facilitate a brief discussion based on the word cloud. Emphasize that depression is a common human experience and that different people may be affected by different triggers. Highlight the importance of recognizing these triggers as a first step in managing depression. **\*\*Note\*\*:** *Ensure this activity is conducted with sensitivity, as discussing depression triggers can be emotionally challenging for some participants. Remind participants they can share only what they feel comfortable with, and have resources ready for those who might need additional support.*

# Workshop:

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### How depression affects us

Activity 2: Depression and its effects (10 minutes)

- **Interactive video segment:**

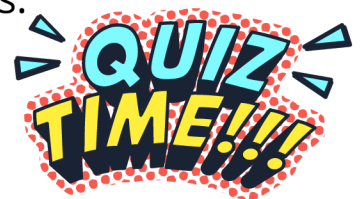
- Show a **short animated video** (2–3 minutes) that explains the physical, emotional, and behavioral symptoms of depression.
- Suggested video: (If you not already have shown this video in the Introduction) "What Causes Depression"
  - <https://www.youtube.com/watch?v=lnNhDfDfl5c>

- **Group reflection:**

- After the video, ask participants to reflect on how depression affects them personally.
- Use a visual chart (printed or on a screen) that categorizes depression symptoms into:
  - Physical (e.g., sleep disturbances, chronic fatigue, changes in appetite)
  - Emotional (e.g., persistent sadness, feelings of worthlessness, difficulty experiencing joy)
  - Behavioral (e.g., social withdrawal, reduced activity levels, difficulty concentrating)

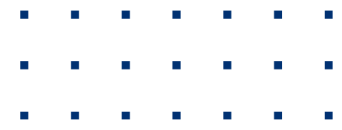
- **AI-powered quiz:**

- Use an AI-based quiz tool (e.g., Kahoot or Quizizz) to test participants' understanding of stress symptoms.
  - <https://kahoot.com/>
  - <https://quizizz.com/?lng=en>
- Example questions:
  - Which of the following is a physical symptom of depression?"
  - "What is a common emotional response in depression?"



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### Tools for managing Depression

#### Activity 3: Depression Management Techniques (15 minutes)

- **Guided breathing exercise (5 minutes):**
  - Use a visual breathing guide (e.g., a YouTube video or GIF) that shows a calming animation of a circle expanding and contracting to guide participants through deep breathing.
    - <https://www.youtube.com/watch?v=kpSkoXRrZnE&t=61s>
  - Example: Inhale as the circle expands, hold as it pauses, and exhale as it contracts.
- **Mindfulness practice (5 minutes):**
  - Play a short guided mindfulness audio or video (e.g., from Headspace or Calm).
    - <https://www.headspace.com/mindfulness>
    - <https://www.calm.com/>
  - Encourage participants to find a comfortable position and close their eyes.
  - Focus on the sensation of breathing.
  - Gently bring attention back to the present moment when the mind wanders.
- **AI-powered depression management tips (5 minutes):**
  - Utilize mental health chatbots:
    - Introduce AI-based tools designed to support mental health, such as Wysa or Woebot.
      - <https://www.wysa.com/>
      - <https://woebothealth.com/>
    - Participants can anonymously input their feelings or challenges (e.g., "I feel overwhelmed with sadness").



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### Conclusion

(5 min)

- **Recap key points:**
  - Summarize the session by reviewing:
    - What depression is and how it affects us.
    - The importance of recognizing depression triggers and symptoms.
    - The techniques practiced during the session for managing depression.
- **Interactive reflection:**
  - Use a polling tool (e.g., Mentimeter or Slido) to ask participants:
    - "Which depression management technique do you think will help you the most?"
  - Display the results in real-time to see which strategies resonate most with the group.
    - <https://www.mentimeter.com/>
    - <https://www.slido.com/>
- **Encouragement and resources:**
  - Share links to helpful apps or websites for depression management, such as:
    - MoodMission: <http://moodmission.com/>
    - Headspace: <https://www.headspace.com/>
    - MoodTools: <https://www.moodtools.org/>
  - Remind participants that managing depression is an ongoing process and that seeking help when needed is a sign of strength.







# Workshop: Understanding and managing depression

## Instructions for teachers

### Objective:

- To introduce the concept of depression through engaging media, visuals, and interactive technology.
- To help participants recognize common triggers and understand the impact of depression on themselves and others.

**Duration:** 45 minutes

### Materials required:

- Paper and pens for participants
- Whiteboard markers
- Printed handouts featuring definitions
- Computers or mobile phone
- Projector
- Discussion prompts

## Workshop step by step

### Step 1: Introduction (5 minutes):

- Play a short video explaining depression and its effects.
- Facilitate a brief discussion on key takeaways from the video.

### Step 2: Identifying depression triggers (10 minutes):

- Show images/videos of common depression triggers and ask participants to identify relatable ones.
- Use a word cloud tool to collect and display participants' stressors.



## Workshop: Understanding and managing depression

### **Step 3: Depression and its effects (10 minutes):**

- Play a short video on the symptoms of depression (Physical, Emotional, Behavioral)
- Use a visual chart to discuss how depression affects participants personally.

### **Step 4: Depression management techniques (15 minutes):**

- Guide participants through a breathing exercise using a visual or video.
- Practice mindfulness with a short guided audio or video session.

### **Step 5: Conclusion (5 minutes):**

- Recap key points and depression management techniques.
- Use a poll to reflect on which technique participants found most helpful.



### **Tips for teachers:**

By including step-by-step instructions for each activity, this enhanced lesson plan ensures clarity and structure. The use of videos, visuals, and interactive tools makes the session engaging and accessible, helping participants better understand depression and equipping them with practical tools to manage it effectively.





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### Follow-up activity at home

(5 min)

- **Depression journal:**
  - Ask participants to keep a depression journal for one week. They should note:
    - Situations that affected their mood.
    - How they felt physically and emotionally.
    - Which depression management techniques they tried and how effective they were.
- **AI reflection tool:**
  - Encourage participants to use an AI journaling app to log their experiences and receive insights or motivational prompts:

# TOOLS

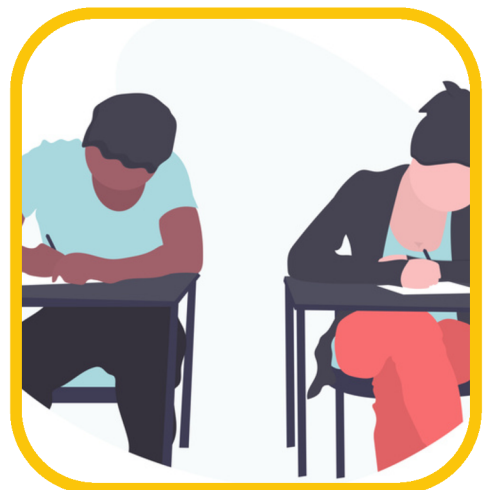


## Wavers.io



Wavers is an free-to-use easily accessible and practical tool available to you and your students, which helps strengthen the community/unity and social cohesion of your educational institution and study environment. Get a quick insight into the Wavers app - watch the [video](#)

Wavers is a tool that lies outside the core curriculum, but as a teacher, you can utilize it at any time. Wavers does not require downloading as an app; instead, it functions as a web-based tool accessible on mobile devices. This ensures that assistance is always just a pocket away for students. Additionally, Wavers empowers students by enhancing their ability to reach out and accept help, fostering a proactive approach to their learning and well-being.



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