

Anxiety Disorders



Anxiety disorders are a group of mental illnesses that involve significant fear and anxiety.

Anxiety is a reaction that has been vital to human survival. When someone perceives a threat, anxiety will serve as a warning sign to escape the danger. However, an **anxiety disorder** is when someone experiences too much anxiety, fear, or nervousness.

People with anxiety disorders experience anxiety in a way that severely impacts their daily lives. For example, they may experience insomnia (the inability to sleep) and they may not be able to focus during class because their feelings are very overwhelming.

1. What is the difference between feeling anxious and having an anxiety disorder?

2. Write three situations when anxious feelings can be helpful and three situations when they can be harmful.

Helpful	Harmful

Depression



Depression is a mental illness that involves persistent feelings of sadness, hopelessness, and a lack of interest in daily activities.

It is normal to feel sadness and grief during your life. The loss of a family member, ruined friendships, and arguments are all experiences that can be difficult to endure. Many people may mistakenly associate these experiences with depression. **Depression** is a mental illness that affects people over a long period of time, and it must be diagnosed.

The main symptom of depression is sadness and loss of interest in activities or hobbies that you once enjoyed. Depression can affect your performance at work and school. It can also affect your ability to sleep.

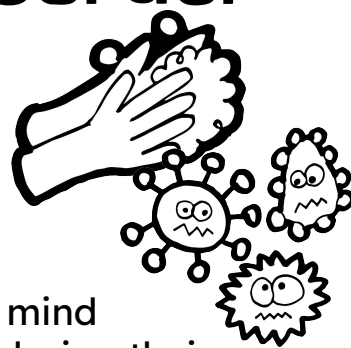
1. It is not always possible to tell if someone has depression just by being around them. What could be some warning signs that someone may be suffering from depression?

- _____
- _____
- _____
- _____

2. What is the difference between being sad and being depressed?

Obsessive-Compulsive Disorder

Obsessive-compulsive disorder (OCD) is a mental illness that involves recurring, unwanted thoughts, ideas, or sensations.



Obsessions are urges or thoughts that circulate through your mind repeatedly. Many people have obsessive thoughts or feelings during their lives. For example, they might want to keep their desk very neat and tidy. However, this does not always mean that they have OCD.

A person with OCD has obsessive thoughts regularly which cause significant distress. **Compulsions** are the behaviours that a person engages in to try to alleviate this distress. For example, they might wash their hands repeatedly to feel clean or check locks multiple times to ensure security. These compulsions provide temporary relief but often disrupt daily life, making it difficult to function normally.

1. What is the difference between an obsession and a compulsion?

2. Write whether each example is an obsession or compulsion.

a)		Fear of germs and contamination
b)		Rearranging things multiple times so they are perfect
c)		Hoarding items
d)		Concern about evenness or exactness
e)		Superstitious ideas about lucky numbers

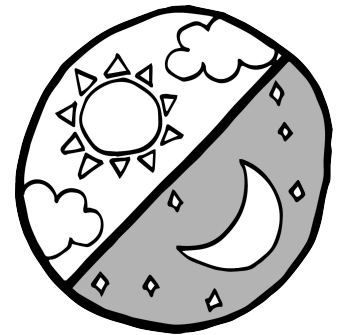
Bipolar Disorder

Bipolar disorder is a mental health condition characterized by extreme mood swings, including emotional highs (mania) and lows (depression).

Bipolar disorder is a form of depressive disorder. It is sometimes referred to as manic depression or bipolar mood disorder.

During manic episodes, individuals may feel euphoric, full of energy, or unusually irritable, often engaging in impulsive or risky behaviours. Conversely, depressive episodes can bring intense sadness, hopelessness, and a lack of interest in most activities, affecting daily functioning and quality of life.

1. Read each of the symptoms below. Write whether you think each symptom would be experienced during mania or depression.



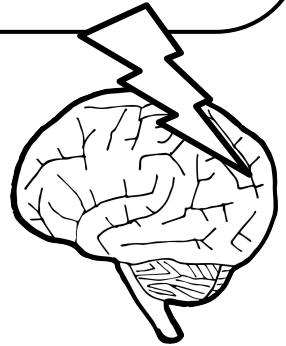
- _____ Difficulty concentrating
- _____ Inflated sense of importance
- _____ Fatigue
- _____ Lack of motivation
- _____ Increased physical and mental energy
- _____ Sleeping too much
- _____ Loss of appetite
- _____ Elevated mood

2. What misconceptions do you think people might have about bipolar disorder, and how can these be addressed?

Post-traumatic Stress Disorder

Post-traumatic stress disorder (PTSD) is a mental illness that is triggered by witnessing or experiencing a tragic event.

Post-traumatic stress disorder (PTSD) is a mental illness that is triggered by witnessing or experiencing a tragic event, such as a natural disaster, war, or abuse. A person who suffers from PTSD may experience a variety of symptoms such as flashbacks, nightmares, stress or anxiety, and uncontrollable thoughts.



The majority of people who experience a tragic event are able to cope, adjust, and get better with time. This is not the case for some people. A person who has PTSD may experience these symptoms long after the incident occurred. In some cases, the symptoms can even get worse.

PTSD symptoms can vary in intensity. Getting proper treatment can help to prevent these symptoms from getting worse.

1. What is PTSD?

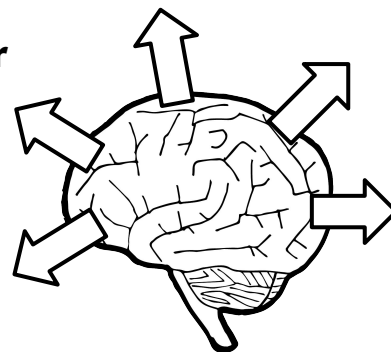
2. Consider the symptoms of PTSD. Why is it important to not force anyone to talk about something they don't want to talk about?

3. What do you think are some barriers that prevent individuals with PTSD from seeking or receiving proper treatment?

ADHD

Attention-deficit hyperactivity disorder (ADHD) is a mental health disorder associated with hyperactive and impulsive behaviours, and difficulty focusing.

A person who has **attention-deficit hyperactivity disorder (ADHD)** may find it difficult to focus and sit still for long periods of time. They can be easily distracted and have trouble controlling their behaviour. Sometimes, a person with ADHD may do things that they know they should not do. This behaviour is not the person's fault. ADHD is a medical condition.



ADHD can make life very challenging. People with ADHD may get into trouble for behaviours that are out of their control. They may interrupt others without realizing it.

1. ADHD has two components: Attention-deficit and hyperactivity. Explain what each of these terms mean.

Attention-deficit	
Hyperactivity	

2. How can teachers create environments that support the needs of students with ADHD?
