

# Jigsaw for Depression

(Please look at the instructions for how to do a jigsaw in your classroom on the Entry website.)

Pre-teach the following words:genetically disposed, personal weakness, treated.

Cut along the dotted lines and distribute each section to a different group.

Part A..... 

Everyone feels anxious now and then. It's a normal emotion. For example, you may feel nervous when faced with a problem at work, before taking a test, or before making an important decision.

Part B.....

Anxiety disorders are different, though. They are a group of mental illnesses, and the distress they cause can keep you from carrying on with your life as you normally would.

Part C.....

When people have anxiety they are always worried and afraid. This constant worry and fear can make a normal life impossible. But with treatment, many people can manage those feelings and get back to a fulfilling life.

Part D.....

Talk to your family doctor about the anxiety. If a friend or family member seems to have anxiety offer to go to the doctor with them to make it easier.