

Holiday Blues and Positive Actions

Raider Academy

Each year during the holiday season, many people suffer from temporary mild to severe depression. Answer the questions below to help learn why holiday stress can lead to depression and how positive actions and thoughts can help relieve that stress. Some of the questions are a little tricky – for those questions, there are some readings on the web site that you can use if you're having trouble finding information.

For the first half of the period, answer these questions individually, either on your iPad or on paper. When you're done, e-mail or give your work to the teacher.

1. What are the symptoms of the holiday blues?
2. What kinds of people suffer from the holiday blues, and when can this happen (try to be specific)?
3. What types of situations and circumstances cause the holiday blues?
4. What is a "Positive Activity Intervention"? Give several examples of positive activities. (Use the readings on the web site to help with this one.)
5. Explain some of the research that shows how positive activities can help with depression. (Use the readings on the web site to help with this one.)
6. Why do people think that positive activities might help depressed people feel better? In other words, what is it about doing nice things and being compassionate for others that helps people overcome their own depression? (Use the readings on the web site to help with this one.)

After you've answered the questions, spend the rest of the period working in groups of 2-3 students (no more than 3!) to come up with one "slide" that shows the two most important things you learned from your research. You should use the Notebook+ app on your iPads to create this slide. You should include pictures from the internet, text, drawings, and color to make your slide engaging. On Friday, at the beginning of class, you will all share your slides.