Performance Task In CLE

**Talk to Someone**

Group 4

Hervas

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Christian Living Education

Grade 9H

Mr. Karlo Villanueva

Project Proposal

Members and Contributions

**Rhian Hervas**

Hola! I am Rhian the leader and the editor of this group. I contributed the Rationale and Prayer part. It was fun making this PT with my fellow classmates.

**Brandy Diaz**

Hi! I am Brandy a member of Group 4. I contributed the solutions on depression together with Zhia Lim and my insights about this PT is that when your sad and there is no one there for you, there is one the Lord Our Savior! Always pray for the God Almighty to guide you through your day!

**Alzen Carreon**

Hi my name is Alzen Carreon member of group 4 in CLE. I contributed on finding out what were the roots of depression and how the church responds to this kinds of thing. The only advice I can give to people who are suffering from this is that your not alone their is always someone who will help you get through it.

**Zhia Lim**

Hi, I’m Zhia Lim a member of Group 4. I contributed solutions on depression together with Brandy Diaz and my insights about this PT is, battling against anxiety and depression while studying and working as well is crazy difficult. Been surpass the rough roads of life but still trying to get up and behold because God is always here in our heart and help us to build up and chin up to fight.

**Jacob Juele**

Hi, I’m Jacob a member of Group 4. I contributed the Introduction part together with Alzen and my insights about this PT is that when you experience sadness and loneliness, the best way to fight is to tell someone that can hear out your problem.

3 Objectives of this Advocacy

* Aims to help people that are struggling on the inside
* Aims to let those who are struggling know that there are other people who are willing to help.
* Aims to tell people that they are not alone.

**Introduction**

The issue that was tackled is depression. Depression is a state of mental illness. It is characterized by deep, long-lasting feeling of sadness or despair. Most roots of depression come from family problems, bullying, divorces, school, illness/health issues, etc. In the Scaffold we brought up family and school problems. Most people tend to overlook it especially some parents and just say to “not be sad” or “go out more” which doesn’t help and affect the victim more because it makes them question themselves if their feelings/emotions is wrong. The stand of the church in this issue is sometimes hidden because they don’t pay attention to it as much. But they are also mostly the ones who could save us especially God because they would listen to us through prayers or confession. They don’t neglect what we feel instead they encourage us more to hold on because it will eventually get better.

**Rationale**

We have come up with this advocacy project wherein there will be a 1 time free consultation from a therapist. It aims to help people that are struggling inside. In this of pandemic a lot of people have suffered because of loss, separation, not adjusting to the new-normal and many more. Keeping and bottling your emotions inside can be very frustrating especially if you do not want others to worry about you. If ever you are struggling in school, don’t pressure yourself too much for your satisfaction or someones, because it can be overwhelming. It is important for us to talk to someone about our problems/struggles because it can ease our feelings and can make it less worse. Always remember to put yourself first, take it slow, and remember that your feelings are valid.

**Solutions**

https://www.webmd.com/depression/features/natural-treatments

1.Get in a routine.If you’re depressed, you need a routine, says Ian Cook, MD. He's a psychiatrist and director of the Depression Research and Clinic Program at UCLA.

Depression can strip away the structure from your life. A gentle daily schedule can help you get back on track

2. Set goals. When you're depressed, you may feel like you can't accomplish anything

"Start very small," Cook says the psychiatrist.

3. Exercise. It temporarily boosts feel-good chemicals called endorphins. It may also have long-term benefits for people with depression. How much exercise do you need? You don’t need to run marathons to get a benefit

4. Take on responsibilities.When you’re depressed, you may want to pull back from life and give up your responsibilities at home and at work. Don't. Staying involved and having daily responsibilities can help you maintain a lifestyle that can help counter depression. They ground you and give you a sense of accomplishment.

https://www.intrepidmentalhealth.com/blog/9-self-help-solutions-for-reducing-symptoms-of-depression

5. Depression can contribute to insomnia, which could include difficulty falling and staying asleep. Making changes in your routine may help with getting a more restful sleep throughout the night getting a good night's sleep each night improves overall health and energy levels.

**Prayer and Acknowledgements**

Heavenly Father,

Thank you for this wonderful life that you have given to us. May you guide those who are suffering and has problem. Please guide us in our studies especially during this Performance Task Week. Guide us as we accomplish our activities and scaffolds. Bless those who cooperated to finish these tasks. May you keep us safe and healthy especially during this pandemic and times where we experience sleepless night.

Amen.