

Name: _____

Appendix 7: Mental Health Matters

Part 1

Directions:

Read the article “Mental Health Matters” in the fall 2023 issue of *FFA New Horizons* and answer the questions.

1. In the chart below, write in your own words a summary of the four strategies suggested to help you deal with depression or anxiety.

KNOW YOU'RE NOT ALONE.	TALK IT OUT.
CALL FOR HELP.	BE KIND.

2. Based on the four strategies above, write down three action steps you can take to apply one or more of those strategies. (Example: I will make time once a month to meet with my school counselor to discuss my anxiety about my upcoming senior year.)

ACTION STEP 1	ACTION STEP 2	ACTION STEP 3

Name: _____

Part 2

Directions:

How we handle the negative thoughts or feelings we have can have a major impact on us in many ways. It is important to balance those negative thoughts or feelings with the positive ones. Think about a situation that has happened or will happen soon that is giving you anxiety or causing depression. On the left, list the negative thoughts and feelings about that situation. On the right, list the positive thoughts and feelings about that situation.

Describe the situation at hand:	
NEGATIVE THOUGHTS/FEELINGS	POSITIVE THOUGHTS/FEELINGS
List the actions steps you can complete to overcome this situation.	



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Read the article “Mental Health Matters” in the fall 2023 issue of *FFA New Horizons* and answer the questions below.

1. In the chart below, write in your own words a summary of the four strategies suggested to help you deal with depression or anxiety.

KNOW YOU'RE NOT ALONE. Answers will vary.	TALK IT OUT. Answers will vary.
CALL FOR HELP. Answers will vary.	BE KIND. Answers will vary.

2. Write down three action steps you can take to apply one or more of the strategies listed in Question 1. (Example: I will make time once a month to meet with my school counselor to discuss my anxiety about my upcoming senior year.)

ACTION STEP 1 Answers will vary.	ACTION STEP 2 Answers will vary.	ACTION STEP 3 Answers will vary.
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Name: _____

Part 2

Directions:

How we handle the negative thoughts or feelings we have can have a major impact on us in many ways. It is important to balance those negative thoughts or feelings with the positive ones. Think about a situation that has happened or will happen soon that is giving you anxiety or causing depression. On the left, list the negative thoughts and feelings about that situation. On the right, list the positive thoughts and feelings about that situation.

Describe the situation at hand: Answers will vary.	
NEGATIVE THOUGHTS/FEELINGS Answers will vary.	POSITIVE THOUGHTS/FEELINGS Answers will vary.
List the actions steps you can complete to overcome this situation: Answers will vary.	

