Quiz

1. Someone who has been feeling sad, hopeless, or discouraged for weeks may be _____________________.

2. True or false: Anyone can become depressed.

3. True or false: Depression can last for years if it’s not treated.

4. True or false: Depression can cause physical symptoms like stomachaches and headaches.

5. Underline the healthy things that might help improve your mood if you’re depressed:
   a) Exercising
   b) Thinking about things you’re grateful for
   c) Dwelling on your problems
   d) Drinking alcohol
   e) Talking to someone you trust
   f) Going for a walk
   g) Doing something you enjoy
   h) Eating a box of doughnuts
   i) Being alone in your bedroom or basement