



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## 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