Quiz

True or false. Write T or F next to each statement:
1. _____ Depression is always inherited.
2. _____ Anyone can become depressed.
3. _____ Depression can last for years if it’s not treated.
4. _____ Depression can cause physical symptoms like stomachaches and headaches.
5. _____ People with depression may not realize they are depressed.
6. _____ People can get depressed due to problems with any of these things: genes, brain chemistry, seasons and daylight, life events, family and social environment, health conditions and hormonal changes.

Fill in the blanks:
7. Depression can affect your ________________________, causing you to lose or gain weight.
8. If you’ve been feeling sad, hopeless, or discouraged for weeks, you may be ________________________.
9. ________________________ is a good way to share your feelings and get some understanding of your sadness.

10. Circle or underline the things that might help lift your mood if you’re depressed:
   - Exercising
   - Thinking about things you’re grateful for
   - Dwelling on your problems
   - Drinking alcohol
   - Talking to someone you trust
   - Going for a walk
   - Doing something you enjoy
   - Eating a box of doughnuts
   - Thinking about all your faults
   - Playing with your pet