

Project Summary

Purpose:

The purpose of this project is raise awareness of how anxiety and depression affects students in our community. Also, I hope to encourage others to think about how they treat others as to not increase their negative thoughts towards themselves. Additionally, I want to provide information to our school and community on ways to address and get help for anxiety and depression, should it be needed.

Relationship to Family and consumer Sciences:

This project is related to the following Family and Consumer Sciences content areas:

- 1.0 Career, Community and Family Connections – In order for someone to be successful in their career, community and family, they must have good mental health. Learning about anxiety and depression can help with these areas.
- 6.0 Family – Family members love and support each other and should understand how to approach mental health issues within the family.
- 12.0 Human Development – Mental health is a part of human development.
- 13.0 Interpersonal Relationships – Relationships require understanding of others. Understanding how to approach mental health issues is important to positive relationships.
- 15.0 Parenting – Parents need an understanding of mental health issues to be able to support their child.

Relevant Research:

Anxiety and depression are often considered “cyclical” in nature. Most people who have depression also have an anxiety disorder. Depression causes people to feel anxious and worried, which causes people’s anxiety worse. These two disorders trigger each other, creating a cycle. This is made worse because people often have a biological disposition for both of these disorders. As covid-19 caused many things to shut down and brought about long-term isolation, many people began to feel lonely and depression rates increase. As a result, some people turned to suicide as a way out. Advocating for change in how we accept and treat those with anxiety and depression is a way to hopefully improve this situation. Maintaining

meaningful social connections, knowing warning signs, and learning ways to reduce stress and unrealistic expectations are beneficial in treating anxiety and depression. Hopefully, advocating for these changes will help reduce the current suicide rate.

Change or Awareness Goal:

My goal is to bring about awareness of how common anxiety and depression is and how it can lead to suicide.