# Skill-Building Challenge Worksheet: Communicating About Mental Health

Name: Blank Class: Blank Date: Blank

Work with a partner or a small group based on your teacher’s instruction. Read each of the following scenarios. Each situation includes an inappropriate response from a friend. Discuss appropriate responses that the friend could use. Revisit the Communication and Mental Disorders section to help you identify appropriate strategies. Decide which response you think works best for the situation and practice it with your partner or in your group.

**Scenario 1:** Levi is stressing out over school and is overeating to deal with all the anxiety he feels. Tia says, “Ew, you are so grossing me out. Aren’t you worried you’ll get fat?”

*What would a helpful response from Tia be?*

**Scenario 2:** Stella has anxiety to the point that she feels like she can’t breathe. When this happens she stops, sits down, and stares straight ahead. When Violet sees this, she says “You are such a drama queen. Everyone knows you’re just wanting attention.”

*What would a helpful response from Violet be?*

**Scenario 3:** Piper has been sad and depressed the last week for no apparent reason. Her friend Coco says, “You are being way too much of a downer. I don’t want to hang out with you anymore.”

*What would a helpful response from Coco be?*

**Scenario 4:** Reagan has been counting to 10 before walking into any room. Her friend Sawyer says, **“**Stop being so weird. You’re totally freaking me out!”

*What would a helpful response from Sawyer be?*