



## EQUIPPING HUDDLE // LEADER GUIDE

*Helping Students with Anxiety and Depression* | EASTSIDE CHRISTIAN CHURCH

by Dr. Paul Alexander, MFT

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[Watch video](https://vimeo.com/327502301) and discuss the following: (<https://vimeo.com/327502301>)

1. Paul says, “Words help get feelings in control.” What are some words, questions or phrases that could be shared with, or given to, a student to get their feelings “under control?”
2. Which of the five strategies for describing your feelings do you find most helpful? Why?
3. How can we use social media to the advantage of someone struggling with depression and anxiety?
4. Have you ever worked with a student who crossed into what Paul called the “Danger Zone”? Did you recognize it as such or not? How did you deal with it? What would you do that’s different?
5. What stories can you borrow from that took place when you were the same age as the students you are working with? Think of stories, that if shared, might make a difference?
6. What tools have you learned to employ in managing your emotional life? How can you know whether you are sharing these tools “near them” rather than “to them” as Paul puts it?
7. On a 1 to 5 scale (5 being the most prepared), how prepared are you to become an ally to parents who have children struggling with anxiety and depression?