

Open Your Class With This Tomorrow- *Darius the Great Is Not Okay* and *Ride the Tiger*

Directions: *Darius the Great Is Not Okay* provides readers with an insider's view of what it is like to live with depression. *Ride the Tiger* is a documentary that also provides the perspective of those who are experiencing mental illness. Watch the clips from *Ride the Tiger* on depression and mania and answer the following questions to understand better how these illnesses are similar and different from one another.

Depression

<https://www.pbs.org/video/ride-tiger-mania-and-depression/>

1. What are some of the physical components that go along with the onset of a depressive episode?
2. Explain some of the examples of negative self-talk that may be experienced by those with depression.
3. What are some of the irrational or unproductive thoughts that may accompany a depressive episode?

Mania

<https://video.gpb.org/video/ride-tiger-mania-and-depression/>

1. What are some of the physical components that go along with the onset of a manic episode?
2. What are some of the examples of dangerous beliefs during a manic episode?
3. What are some of the examples of risky behaviors that may occur during a manic episode?