

---

# Dear “Stressed and Depressed”

## STUDENT’S VERSION (WORD WRITABLE)

**Name:** Click or tap here to enter text.

**Date:** Click or tap to enter a date.

**Period:** Click or tap here to enter text.

**Teacher:** Click or tap here to enter text.

**School:** Click or tap here to enter text.

---

A local newspaper has posted a job for a part-time writer. The writer will be responsible for responding to letters that teens have submitted to the newspaper. The editor is seeking out applicants who have knowledge about important issues for teens. You are a student writer who would like to be considered for this job.

The editor requires you to respond to a letter that has been submitted by a fictional teenager named “Stressed and Depressed.” You will read and respond to it by writing an advice letter based on your knowledge of healthy strategies for dealing with difficult situations.

## Instructions

Analyze the letter from “Stressed and Depressed” and write a 1–3-page letter in the response space provided.

Your letter must contain:

1. Four healthy stress management strategies that “Stressed and Depressed” may use to help deal with the stress in his or her life.

For each strategy that you have chosen, describe how that particular strategy will help reduce stress.

2. Four warning signs of depression communicated in the letter.

For each identified warning sign, the student provides one sentence or phrase from the letter evidence that the particular warning sign exists.

3. Four different, reliable school or community resources that he or she may use to help deal with depression.

Describe in detail how each of the four resources that you have chosen may help “Stressed and Depressed” deal with his or her depression.

## Letter from “Stressed and Depressed”

Read and analyze the letter from “Stressed and Depressed.”

Dear Editor,

I am a stressed-out 9th grade student. I am really struggling with some things in my life. I feel worthless and sometimes wish I had never been born. My parents are going through a divorce. I am very close to both parents and feel like it is my fault that they are getting a divorce. I feel that if I had been a better kid, they would not have fought as much.

I am also falling behind in school assignments. They just keep piling up. I have final exams coming up and want to prepare with the help of my study group, but I just want to be alone.

Last week, one of my friends noticed that I have been very sad and asked me what was going on. I told my friend about the divorce and the problems that I was having at school. I don't want to get up in the morning and I just want the pain to go away. My friend told me that drugs can make me feel better, but I have never used drugs. What should I do? Can you help me?

Signed,

Stressed and Depressed

## Pre-Writing Activity

Pre-writing will not be scored.

**Four healthy stress management strategies** that “Stressed and Depressed” may use to help deal with the stress in his or her life. For each strategy that you have chosen, describe how that particular strategy will help reduce stress.

**Stress Management Strategies:**

Click or tap here to enter text.

**How strategy will help reduce stress:**

Click or tap here to enter text.

**Four warning signs of depression** communicated in the letter. For each identified warning sign, the student provides one sentence or phrase from the letter as evidence that the particular warning sign exists.

**Warning Signs:**

Click or tap here to enter text.

**Evidence:**

Click or tap here to enter text.

**Four different, reliable school or community resources** that he or she may use to help deal with depression. Describe in detail how each of the four resources that you have chosen may help "Stressed and Depressed" deal with his or her depression.

**Resources:**

Click or tap here to enter text.

**How resources may help:**

Click or tap here to enter text.

## Student's Final Response

**Directions:** Write a 1–3-page letter in the response space provided. Your letter must contain:

1. Four healthy stress management strategies that "Stressed and Depressed" may use to help deal with the stress in his or her life.

For each strategy that you have chosen, describe how that particular strategy will help reduce stress.

2. Four warning signs of depression communicated in the letter.

For each identified warning sign, the student provides one sentence or phrase from the letter as evidence that the particular warning sign exists.

3. Four different, reliable school or community resources that he or she may use to help deal with depression.

Describe in detail how each of the four resources that you have chosen may help "Stressed and Depressed" deal with his or her depression.

---

***Dear Stressed and Depressed,***

Click or tap here to enter text.

---

**Student's Score**

Click or tap here to enter text. /12