**iJAG Barrier Survival Guide**

**1) What is the barrier? Define it. (10 points)**

ex) Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person’s ability to function at work and at home. (via <https://www.psychiatry.org/patients-families/depression/what-is-depression>)

**2) What are three examples of well-known individuals who have experienced this barrier? (10 points)**

ex) Eminem, Johnny Depp, Jim Carrey

**3) What are at least 3 challenges related to this barrier? You *must* include how this barrier will impact someone personally *and* professionally (30 points)**

ex)

1. *Emotions and Feelings:* Many people described feeling “bottomless sadness”, being “upset” and “never happy” and crying a lot. They felt tearful and constantly low. The difference to “normal sadness” seemed to be the enormity of those feelings and that they were constantly present. On the contrary, some felt no emotion at all. One person said he was “unable to enjoy” a seemingly happy and good life. They described feeling “numb”, “total nothingness” and a complete loss of interest and motivation in life.
2. *Social Experiences*: Almost all people described depression as manifest in relation to other people. Loneliness - feeling totally alone in the world - was very common. Many said they’d felt that “the whole world was against” them, they felt rejected and that everyone just wanted to “hurt” them. They felt “isolated” or “separated” from everyone and everything else. A few described feeling claustrophobic and avoided crowds. Some said they were paranoid and always felt that people were talking about them.
3. *Physical Experiences:* Many described physical signs and symptoms including aches and pains, distorted visual perception of the world, tiredness, too much or too little sleep, shakes and tremors, dizziness and increased heart rate.
4. *Professional Experiences*: depression can make it difficult to get out of bed. People can be fired from their jobs or punished for this, which can then make it very difficult to seek treatment as they can lose their health insurance from not being employed. They could even end up homeless or hurting themselves because of the pressures of society. Inability to perform daily tasks is one of the tell-tale signs and manifests differently in each individual. Some may be able to work but not able to perform work duties while there, leading to more issues.

(all info via <http://www.healthtalk.org/young-peoples-experiences/depression-and-low-mood/overview>)

**4) What are 3 resources available for those who have the barrier in/around the Boone community? These should be related to the challenges you listed above (45 points)**

ex)

1. Amanda The Panda: Grief Camps and Counseling

515-233-4847 or

1000 73rd St, Windsor Heights, IA 50324  
<https://www.everystep.org/services/grief-loss/the-history-of-amanda-the-panda>  
  
What is it?:  
  
The idea for Amanda the Panda was born in 1980. The primary focus for Amanda the Panda during the first seven years was to be a special friend to children living with cancer. Amanda the Panda’s work with grieving children evolved naturally from this work with children living with cancer. In the fall of 1982, a grief camp was created. This was a weekend camp exclusively for children that had experienced the death of a loved one. Our grief camp is the first and longest running camp in the United States for grieving children and teens. That first camp has now grown into two weekend camps each year for children and teens aged 5–17, as well as adults. The first adult camp was held in 1989. To date, about 35,000 children, teens and adults from across the state have participated in Amanda the Panda’s programs. (via <https://www.everystep.org/services/grief-loss/the-history-of-amanda-the-panda>)

Survival Guide Content Checklist

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| **Barrier Definition (10 pts)** |  |
| **Other people with the barrier (10 pts)**   * Three examples |  |
| **Challenges related to barrier (30 pts)**   * Three examples - personal & professional |  |
| **Community Resources (45 pts)**   * Three examples *with* descriptions |  |
| **Sources (10 pts)** |  |