



Overcoming Anxiety & Depression – Master Class Study Questions

Session 2 (Kimberly Miller & G. Laine Robinson)

Mental Health Myths

WHAT ARE SOME OF THE MYTHS ABOUT DEPRESSION AND ANXIETY?

- **Myth 1:**

“I should be able to shake it off or pray it away”

- **Myth 2:**

” Depression and anxiety are a sign that I am “crazy”, weak or I don’t have enough faith.”

- **Myth 3:**

“If I just push it down, suppress it or avoid it I will be okay.”

- **Myth 4:**

“My life isn’t so bad, so I shouldn’t feel this way.”

- **Myth 5:**

“Depression and anxiety are always signs of severe mental illness.”

- **Myth 6:**

“No one else feels this way and no one could possibly understand me or my feelings”