

Gotta Get It

STUDENT COMPANION GUIDE

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Mental health education for a new generation

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FROM THE PRODUCER

Dear Students,

Did you know the following facts about stress?

- Stress affects EVERYONE.
- Not all stress is bad.
- Long-term stress can harm your health and lead to anxiety.
- There are ways to manage stress.
- If stress becomes overwhelming, help is available.

With contemporary music and modern situations, ***Gotta Get It*** follows three high school students from different racial, ethnic and class backgrounds as they navigate a typical week in a U.S. high school. In this film, we see the main character grapple with issues relating to stress and anxiety. The students are kind and respectful to one another and support each other. The main character seeks help from his soccer coach, who also serves as the school counselor.

Students watching ***Gotta Get It*** will learn that struggling with stress is not uncommon amongst adolescents and sometimes can lead to anxiety if left untreated. Not only will this help students to cope with their own challenges, but should heighten their sensitivity and empathy to other students who may be struggling. Classroom discussions of the film can help to teach tolerance, build community, and increase trust between students.

This guide includes resource materials and information about stress and anxiety, as well as the guiding questions and assignments you will experience in the classroom. It is our hope that discussion may continue in the home in addition to the classroom.

Sincerely,

Trish Glowacki
Executive Producer
Gotta Get It
Publish Date, August 2, 2017

EPISODE SYNOPSIS

A teenage boy's typical day at school and home

Brandon strives for perfection. After an intense day at school and on the soccer field, Brandon sits at the kitchen table doing homework. . As Brandon's mother tries to encourage him, describing her dreams for his future, we see that his mother's good intentions have ended up putting pressure on her son. . Will Brandon be able to handle all of this pressure to succeed? Is Brandon grappling with something beyond ordinary performance anxiety?

GUIDING QUESTIONS

Reproducible worksheet

Read through these questions and prompts.

While watching the episode a second time, respond to the questions and prompts below:

1. When Brandon begins to open up to his mom about how he is feeling, she tells him her dreams about what he will achieve in life.
 - Why do you think his mom lists the many good things about her son and what he will achieve?

 - Why do you think this ends up being upsetting to Brandon?
 - Do you think all of the pressure on Brandon comes from his parents? What do you notice about Brandon's own desire to be successful?

2. At night, Brandon has very vivid dreams stemming from his conversation with his mother.
 - We see his thoughts race from the future, to soccer, to the SATs; he starts to panic. Have you ever felt like Brandon?

3. Brandon decides to talk with his coach, who says, "Don't be hard on yourself. Anxiety and stress is really common among adolescents. You're growing and changing and you're figuring out who you are. And on top of that you have all these pressures: school, sports, college applications, peer pressure, family."
 - Brandon opens up about how his parents have such high hopes for him – How do you think talking about what's going on helped Brandon cope with all of the stressors in his life?

PLANNING MATRIX

Reproducible worksheet

This Organizational Tool will help you identify what needs to take priority in your brain and allow you to focus on one thing at a time.

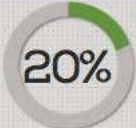
Using the chart below categorize your current duties, assignments, activities, responsibilities, etc...

<i>Urgent & Important</i>	<i>Urgent but Not Important</i>
<p>DO: Do it now!</p>	<p>DELEGATE: who can help?</p>
<i>Not Urgent & but Important</i>	<i>Not Urgent & Not Important</i>
<p>DECIDE: Schedule a time to do it</p>	<p>DELETE: don't worry about it</p>

FACT SHEET

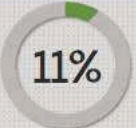
Mental Health Facts CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



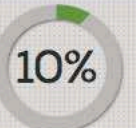
20%

20% of youth ages 13-18 live with a mental health condition¹



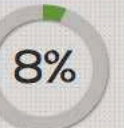
11%

11% of youth have a mood disorder¹



10%

10% of youth have a behavior or conduct disorder¹




8%

8% of youth have an anxiety disorder¹





Impact

- 50%** 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹
- 10 yrs** The average delay between onset of symptoms and intervention is 8-10 years.¹
- 37%**  37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹
- 70%**  70% of youth in state and local juvenile justice systems have a mental illness.¹


Suicide

- 3rd**  Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹
- 90%**  90% of those who died by suicide had an underlying mental illness.¹

Warning Signs

<ul style="list-style-type: none">  Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).  Trying to harm or kill oneself or making plans to do so.  Out-of-control, risk-taking behaviors that can cause harm to self or others.  Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.  Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain. 	<ul style="list-style-type: none">  Severe mood swings that cause problems in relationships.  Repeated use of drugs or alcohol.  Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).  Extreme difficulty in concentrating or staying still that can lead to failure in school.  Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.
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4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families

¹The document cites statistics provided by the National Institute of Mental Health: www.nimh.nih.gov

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twitter.com/NAMIcommunicate



RESOURCE MATERIALS, LINKS & INFO

Chronic Stress Can Cause Long-term Health Issues Including Anxiety and Stress

U.S. Navy Bureau of Medicine and Surgery Blog Article

“Stress is simply your body’s reaction to a stimulus and it is present in our everyday lives. The stimulus can be an event that is either good or bad; it can be real or perceived; and it can range in severity from mild to major or even traumatic. Stress is so prevalent in our society that according to an American

Psychological Association survey, about one-fourth of Americans rate their stress level as 8 or more on a 10-point scale.

Stress can affect your health, thoughts, emotions, sleep, diet, and behavior even though you may not realize it. These affects are caused by your body’s own hormones such as adrenaline and cortisol. An acute stress that is mild and of short duration can be beneficial. This is part of the “fight or flight” response in which you tend to be more alert and active during this time. However, long lasting stress is called chronic stress. Chronic stress can cause long term health problems such as high blood pressure, heart disease, weight control issues, sleep disruption, depression, anxiety, and decreased immune system function to name just a few.

The effects of stress on your body build up slowly over time. Because these changes are subtle, you may not even notice they are occurring. You may even think you are “off” or your symptoms are due to an illness. The National Institute of Mental Health offers these tips that may help you cope with stress.”

**By Cmdr. John Brooks, M.D.,
Lovell Federal Health Care Center**

A Stress Snapshot: High Stress Doesn't Appear To Be Going Anywhere



ADULTS REPORT HIGHER STRESS LEVELS IN THE PAST MONTH THAN WHAT THEY BELIEVE TO BE HEALTHY



10 great deal of stress
1 little or no stress

PAST MONTH: 5.1
HEALTHY LEVEL: 3.6

ADULT STRESS LEVELS CONTINUE TO INCREASE

36% SAY THEIR STRESS HAS INCREASED IN THE PAST YEAR

42% SAY THEIR STRESS HAS INCREASED OVER THE PAST 5 YEARS

ADULTS ALSO HAVE TROUBLE MANAGING STRESS



61% SAY STRESS MANAGEMENT IS IMPORTANT TO THEM

35% ARE DOING AN EXCELLENT OR VERY GOOD JOB

62% HAVE TRIED TO REDUCE THEIR STRESS IN THE PAST YEARS

ONLY 37% OF THOSE HAVE BEEN SUCCESSFUL

COMMON STRESS MANAGEMENT TECHNIQUES ARE NOT ALWAYS THE MOST EFFECTIVE



EXERCISE OR WALK: 43% SAY IT IS EFFECTIVE

SEE A MENTAL HEALTH PROFESSIONAL: 5% SAY IT IS EFFECTIVE

WATCH TV OR MOVIES 2+ HOURS/DAY: 40% SAY IT IS EFFECTIVE

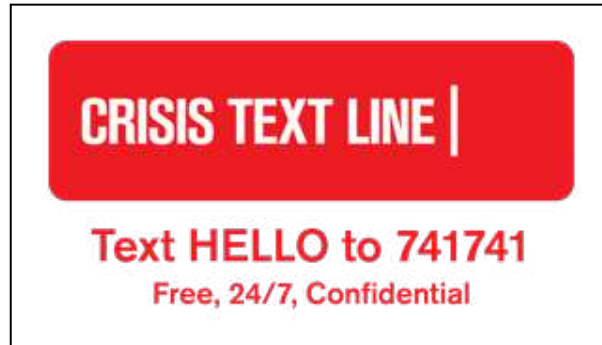
GO ONLINE: 42% SAY IT IS EFFECTIVE



<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

<https://www.nimh.nih.gov/health/topics/depression/index.shtml>



TO CONNECT WITH A CRISIS COUNSELOR AT CRISIS TEXT LINE
TEXT "HELLO" TO 741741
FREE, 24/7, CONFIDENTIAL.

- National Suicide Prevention Lifeline
 - 1-800-273-8255 (24/7) Press 1 for Veterans line