



Amy's Empowerment Story Handout

Now that you've watched Amy's story, think about how the be nice. Action Plan was implemented in her life!

1. What were some of the signs & symptoms that Amy **noticed** in herself in high school and later in life?
2. Who **invited** herself to reach out to Amy when she was missing school? Why was that important?
3. Who else did Amy have as her support system?
4. **Protective factors** are people, activities, places etc. that reduce the effect of a risk factor or stressor; something that helps protect against depression or other mental illness. Protects how someone thinks, acts, and feels. After Amy was introduced to sign language, what protective factors did she have to **empower** herself?
5. How does she continue to **challenge** herself?





Amy's Empowerment Story ANSWER KEY

1. Unexplained chronic severe pain. Later she experienced hallucinations, paranoia, obsessive thoughts, irrational fear, and suicidal ideations
2. Her one friend would call her on days she missed school. It showed that someone noticed she was missing from school, and cared enough to reach out and check-in on her.
3. Parents, godparents, psychiatrists, counselors, and social workers.
4. A career she loved, supportive friends, volunteering at church, her husband, getting the chance to travel for work. Later, she utilized prayer and practicing mindfulness/gratitude.
5. Amy challenges herself to control her reaction, and to focus on perspective and attitude. She constantly reminds herself to have hope.

