

The Inclusive Classroom – What “NOT” to say to depressed students:

Rationale: It is our firm belief that Teachers are responsible for what language is used in the classroom and in the communities in which they belong. The communities include people who suffer from depression, and it's the Teachers job to ensure that these students feel included and know where to go for help.

1. What's your problem?
2. Do you feel better now? (Usually said following a five minute conversation in which the speaker has asked me "what's wrong" and "would you like to talk about it? with the best of intentions, but absolutely no understanding of depression as anything but an irrational sadness.)
3. It's a beautiful day.
4. You have so many things to be thankful for, why are you depressed?
5. Lighten up.
6. Cheer up.
7. You need to get out more.
8. You don't look depressed.
9. You're just looking for attention.
10. Everybody has a bad day now and then.
11. Just do it.
12. Just don't think about it.
13. Just wait a few weeks, it will be over soon.
14. You're making me depressed.
15. Believe me, I know how you feel. I was depressed once for several days.
16. You need a boy/girl-friend.
17. You just need to give yourself a kick in the rear.
18. Have you gotten tired of all of this me-me-me stuff?
19. It's all in your mind.
20. I thought you were stronger than that.
21. No one ever said life was fair.
22. As you get stronger, you won't wallow in it as much.
23. Stop feeling sorry for yourself.
24. Happiness is a choice.
25. You think you've got problems.
26. You should take vitamins for your stress.
27. You should get off all those pills.
28. Most people are as happy as they make up their minds to be.
29. Take a hot bath. That's what I do when I'm upset.
30. A person your age should be having the time of your life.
31. The only one hurting yourself is you.
32. You can do anything you want if you set your mind to it.
33. You're always worried about your problems.
34. I just want to help you.
35. You need a hobby.
36. Hang in there, it will pass.
37. You don't like feeling that way, change it.

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