

The image shows a Zoom meeting window with a shared PDF document. The document contains the following text:

*Your instructor will read out a scenario describing someone with depressive and/or anxiety symptoms. Mark the responses below that may be helpful to this person. Feel free to add your own as well.*

1. I understand and know exactly what you are going through, that happened to me two years ago.
2. I had an aunt once who experienced exactly the same thing and it was the worst time of her life—so I know how you feel.
3. I am concerned about you.
4. You'll get over it, you've just got to ignore it and get on with life.
5. Here we go again. When are you going to get your life back in order, friend?
6. You'll feel differently tomorrow.
7. It's such a beautiful day outside. How can you feel so sad?
8. How long have you been feeling like this?
9. Have you spoken to anyone about this before?
10. If I were you, I'd be feeling like there was no point in living too.
11. Pull yourself together.
12. Is something bothering you?
13. You haven't been joining us lately at coffee break—are you okay?

The Zoom interface includes a top bar with participant names: Sue Barajas, REBECCA, Joshua Alcala, Nicolas Rosset, Agner Medrano, and Magnolia Cruz. The bottom bar shows the Windows taskbar with the search bar and system tray.