

Colleen D'Agostino

DISCUSSION QUESTIONS



Want to share your natural high with Colleen? Tweet her @ColleenTM with #LiveNaturallyHigh. She might tweet back!

1. 1 in 5 teens suffers from depression, sometimes without any obvious cause. How can having a natural high help someone struggling with depression?
2. What advice do you think Colleen would give to a teenager who is considering using drugs or alcohol as a way to cope with depression or other struggles?
3. In 2014, Colleen lost her father to alcohol addiction. How do you think that impacted her beliefs, priorities, and goals?
4. Based on her video, we know that Colleen believes it is important to surround yourself with the right people. What kinds of things should friends do to support each other?
5. Resilience is the ability to overcome life's challenges without turning to drugs or alcohol. Think about Colleen's life, her natural high, and her career path. How is she a model for resilience?



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