

# Colleen D'Agostino

## WORKSHEET QUESTIONS



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

1. How did Colleen D'Agostino discover her love of music?
2. What successes has Colleen had in pursuing music as both her natural high and her career?
3. How did Colleen's life change in 2014?
4. According to Colleen, what should you do when someone you know is struggling with drug or alcohol addiction?
5. Having a natural high can build your resilience. What struggles did Colleen's love of music help her to overcome?
6. Is depression rare or common among teenagers? Without giving any specific details, have you known someone struggling with depression? How might you help someone facing depression?
7. Colleen describes how important it is to find friends who will support you in life. Have you found friends like these? What makes them a good support network?



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