

HELPFUL COPING SKILLS FOR TEEN DEPRESSION

Coping skills are things teens can do to help them reduce, and better manage depression. Negative coping skills like drugs or alcohol, overeating or self-harm give temporary relief but often make depression worse in the long run. Positive coping skills help us to relax, and improve our mood.



BEHAVIORAL ACTIVATION

- Creative outlets
 - writing, music, art
- Set/Accomplish daily/weekly goals
- Plan for your future
- Clean or organize
- Swim, jog, bike
- Dynamic stretching
- Engage in positive enjoyable activities
- Learn about something that interests you



RELAXATION

- Deep Belly Breathing
- Meditate
- Progressive muscle relaxation
- Visualize a peaceful place
- Use a relaxation app
- Listen to enjoyable music
- Static stretching
- Massage neck/shoulders
- Drink hot tea
- Baking



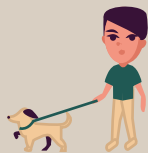
SOCIAL CONTACT

- Connect with family or friends
- Don't isolate in your bedroom
- Volunteer
- Say "Yes" to social opportunities
- Join a club/sport
- Go to counseling/therapy
- Practice social pleasantries (eye contact, smiling, greeting others)



HEALTH HABITS

- Exercise
- Good diet/nutrition
- Get enough sleep
- Take a warm bath/shower
- Take a cold shower
- Unplug from electronics
- Use an online breath pacer
- Drink plenty of water
- Daily hygiene routines



INCREASE POSITIVE BRAIN CHEMICALS

- Get out in the sun
- Complete a daily task list
- Complete self-care/hygiene routines
- Play with your pet
- Get or give a hug
- Walk in nature
- Essential oils
- Exercise 3-5 days per week



THINKING/MENTAL SKILLS

- Notice negative/self-critical thoughts
- Challenge negative/self-critical thoughts
- Let go of things outside of your control
- Be kind with your self-talk
- Think of 3 things you are grateful for
- Problem Solve stressful situations
- Memorize motivational mantras