

# MY COPING SKILLS

## depression



1.

Can you identify the source of your sadness?

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2.

Does it make sense for you to feel sad? Did you experience a break up or a disappointment at school? Are you having problems with your family life?

If so, remind yourself that it is okay and perfectly natural to feel sad...and even to cry.

3.

List three people who you can talk to when you are feeling sad or depressed.

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4.

What are things you enjoy doing (e.g., play a game, watch a funny movie or TV show, go outside and enjoy fresh air, art or photography)? Write down three activities you can do when you are feeling sad or depressed.

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5.

If you are feeling sad or depressed, try doing one or more of these things:

- Write down your thoughts and feelings in a journal.
- Make a list of the things that are going well or that you are grateful for.
- Avoid isolating yourself or withdrawing from friends and family, as this often leads to feeling worse.
- Remind yourself that no feeling lasts forever, and that this will pass.

\*Remember: The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.

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