

What is this word?



DEPRESSION

Color the letters.

Pick colors that seem DEPRESSED to you.

a cloud

a symbol

a color

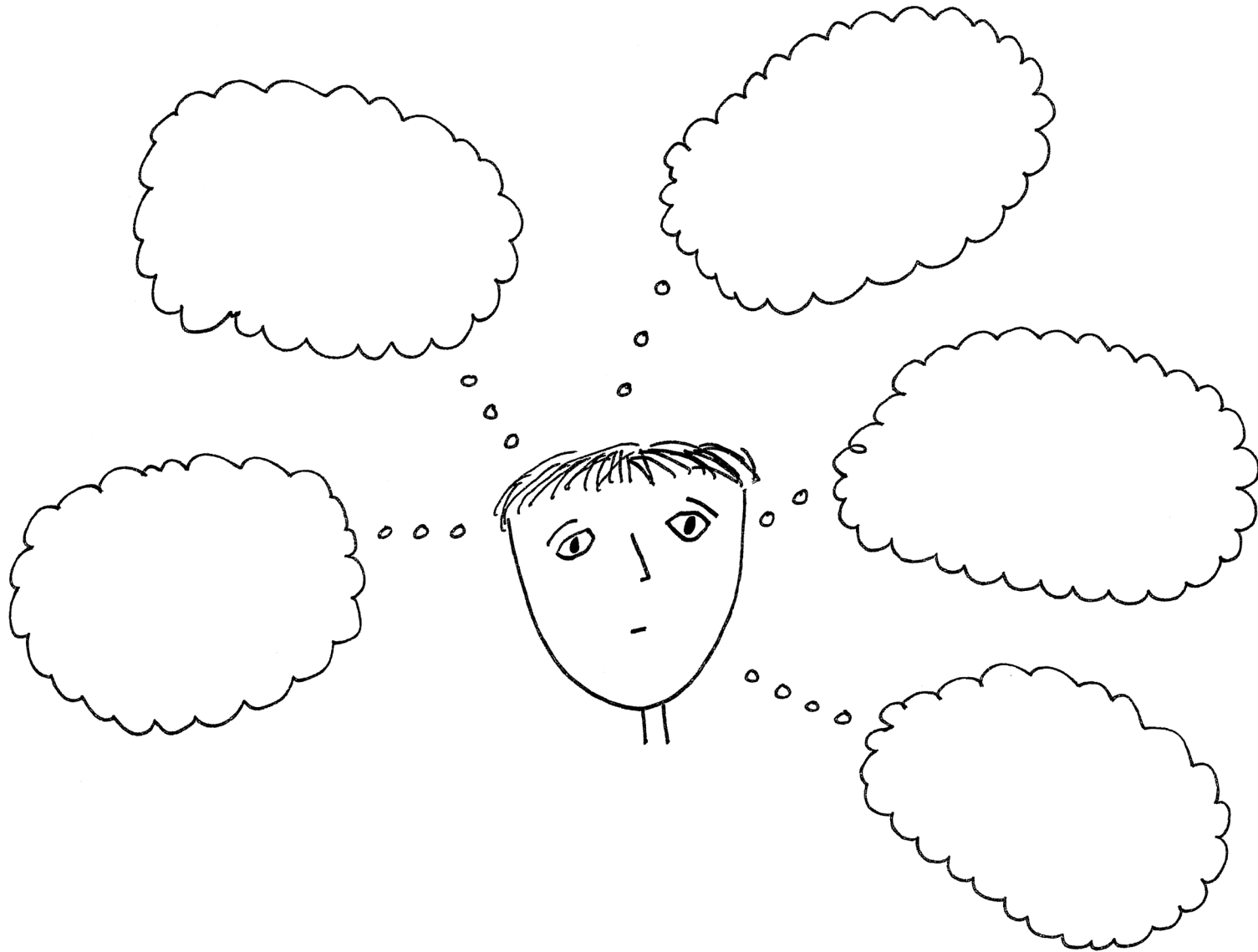
a natural scene

a dream

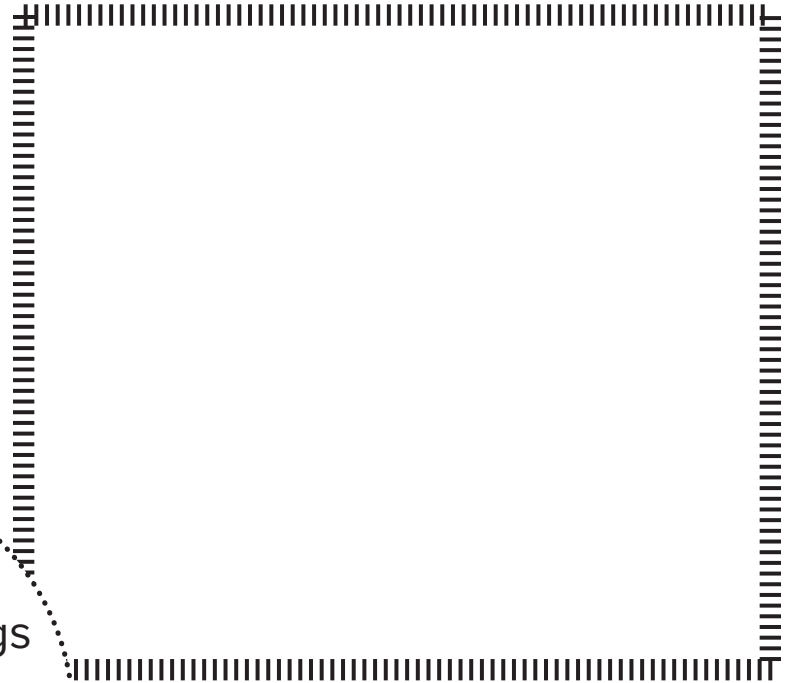
a person

Draw Depression

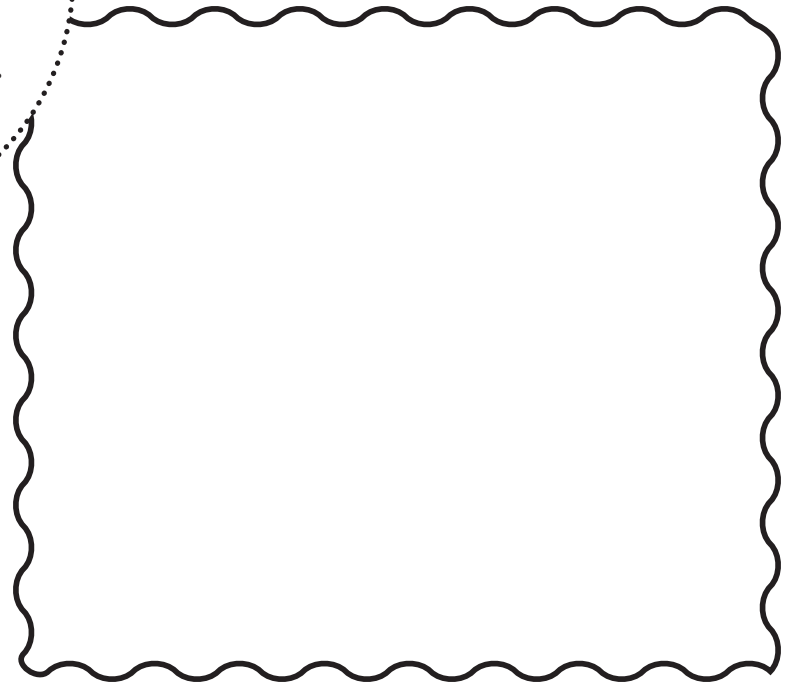
Dedicated to Nickolas and Gaelon
1995 Revised 2020
Jodi S.W. Whitcomb, MS
Director of Organizational Development and Training
Agency Coordinator, CIRT



Fill in the clouds with different things you think when you feel DEPRESSED.



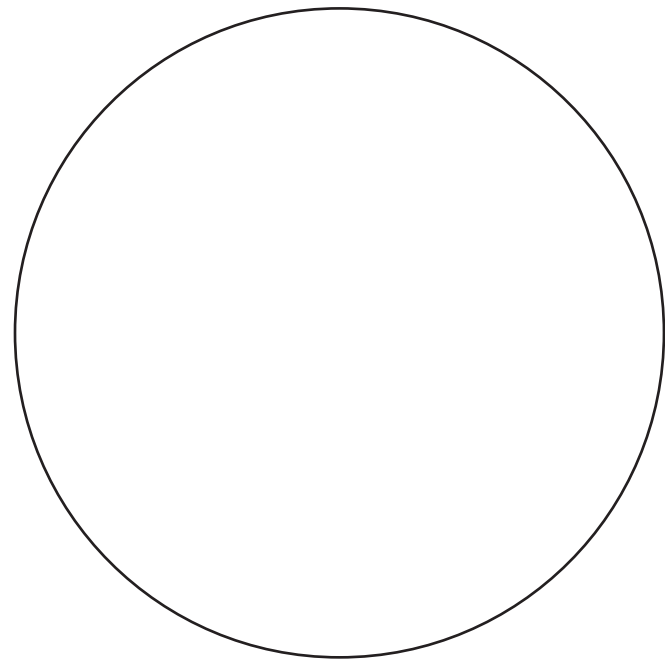
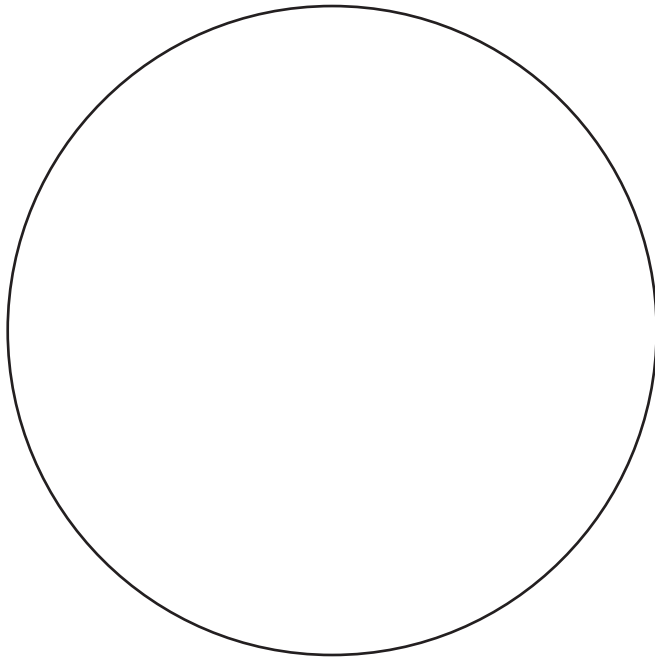
Draw or write things
in the boxes that
you do when you
feel **DEPRESSED**.



How can you tell if someone is depressed? (By looking at them)

Draw the face of a depressed person.

Draw your face.

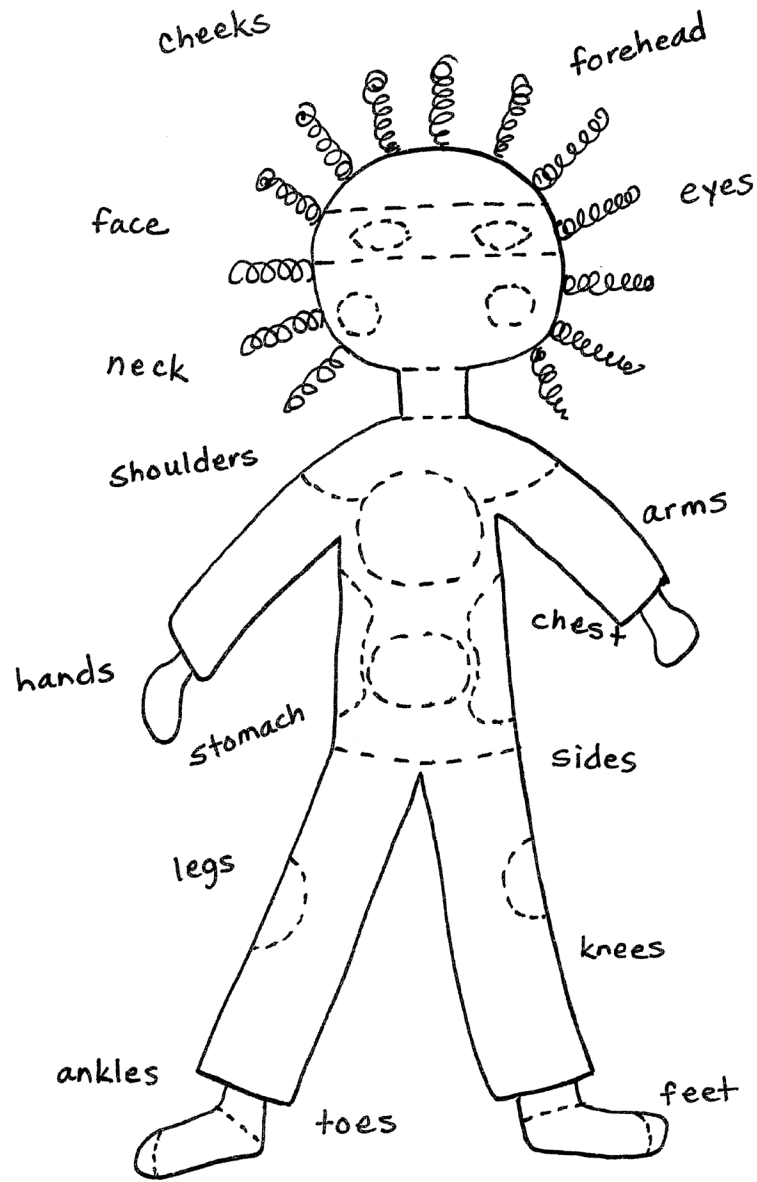




Draw a picture here of a life WITHOUT Depression.

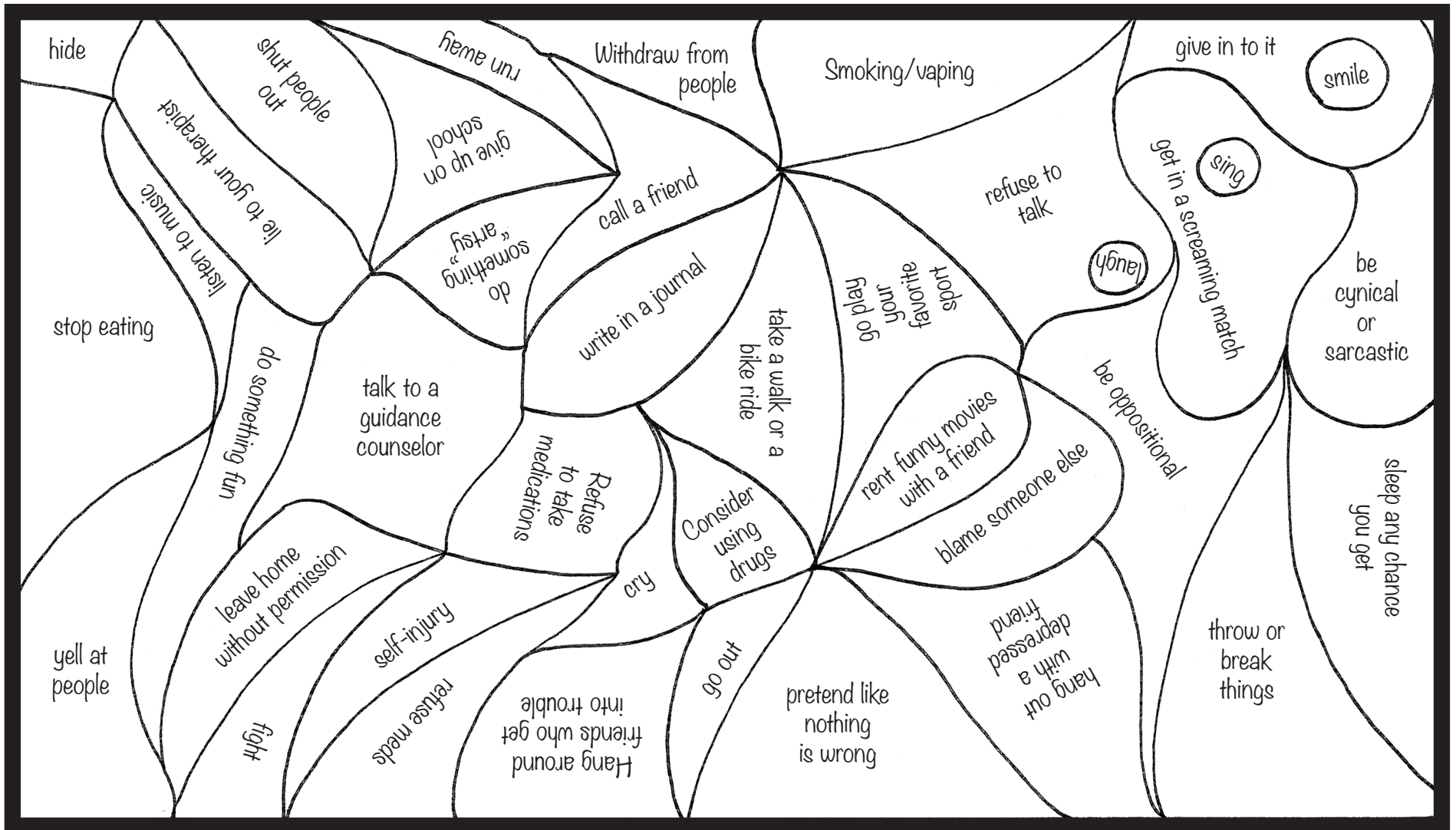
Is this a good life?

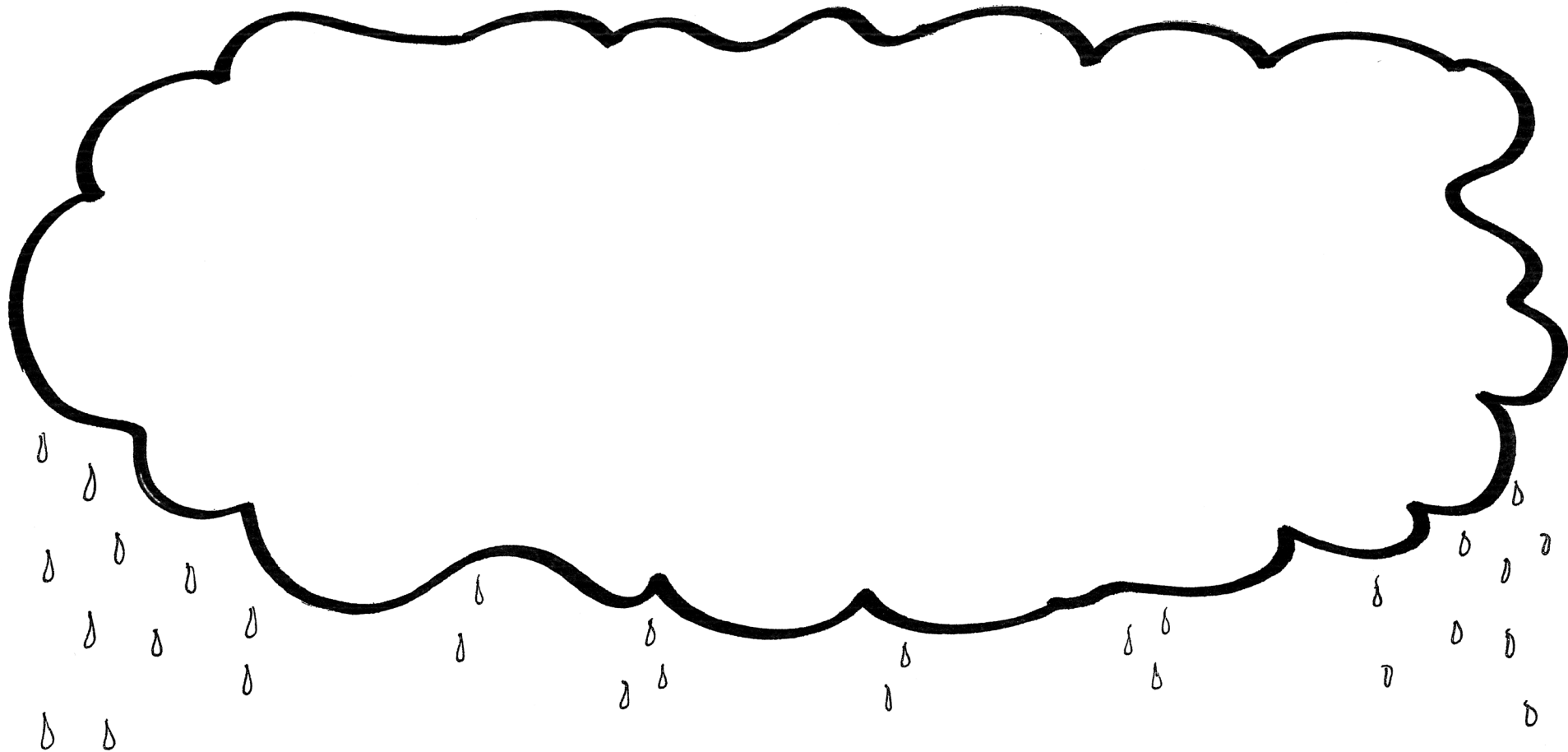
Yes No
(circle one)



Color in the body
in the places where
you **PHYSICALLY**
feel depression.

Color in all the areas that show **GOOD** ways to cope with **DEPRESSION**.
 These things are called Positive Coping Mechanisms.





Some people say that DEPRESSION is like a rain cloud that hangs over you. Draw the things that make up your cloud of depression.

What is the difference between “SAD” and “DEPRESSED”?

sad

depressed

Check Off the Positive Coping Skills for Depression You Would Like to Try

- If you are on depression medications, take them regularly as the doctor prescribes.
- Stay connected with friends and family even if you don't always feel up to it.
- Express your thoughts and feelings through talking, writing or some other medium on a regular basis.
- Keep up basic nutrition by eating regular meals containing healthy foods.
- Make sure you are sleeping at night for at least 6 or 7 hours at a time.
- Keep a daily routine. Get up. Get a shower. Get dressed. Do this every day even if you are not going out. It's worth it and you will feel better.
- Get some sunlight every day for at least 15 to 20 minutes.
- Move your body every day. Take a walk or ride a bike – something. Move around.
- If feelings of depression ever reach a point where you think of hurting yourself please reach out to someone and talk to a professional. Call or text a hotline. You're not alone. The HELP tab on TeenCentral is full of numbers and websites you can contact.

POSITIVES



Think of 25 good things about yourself.

1.

2.

3.

Goals For My Depression

List 3 things you WILL start doing to work on your depression.

CONTRACT TO MYSELF

Subject: DEPRESSION

Do this page with someone
who cares for you

I, _____,
have completed this entire depression packet. I have learned that the thing which makes me
MOST depressed is _____.

Sometimes I do not handle my depression well. One of the ways in which I hurt myself is
_____.

I want to feel better. I will do the following when I feel depressed:

- a. _____
- b. _____
- c. _____

When I feel like hurting myself, I will _____ instead.

I know that one thing good about me is _____. I will concentrate on
good things instead of bad things about myself. Others can help me do better by _____
_____.

I know that by learning to deal with my depression will help me improve my life.

Someone who cares for you

Me