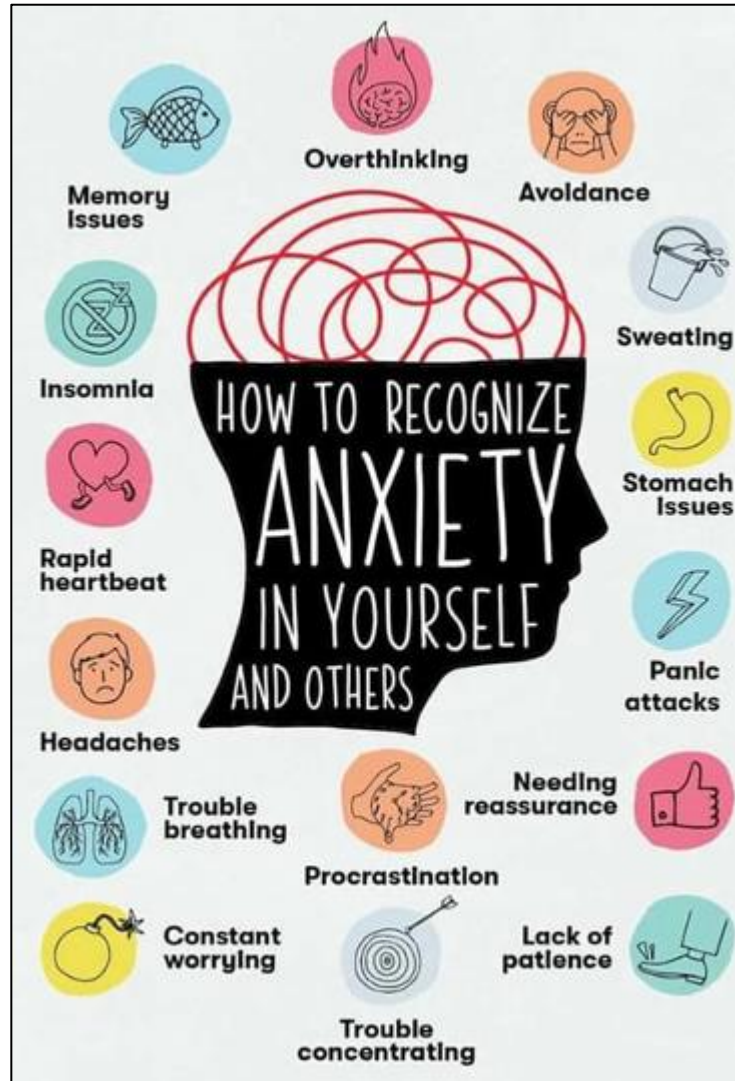


# ANXIETY AND DEPRESSION IN TEENS: SIGNS AND RESOURCES



What are the signs?

- Sleeping too much or too little
- Sadness and crying
- Hopelessness, apathy
- Lack of concentration
- Conflicts
- Low self esteem
- Blaming and critical
- Over sensitive
- Suicidal thoughts or self-harm
- Weight gain or loss
- Breakups
- Exhaustion
- Appetite change
- Social isolation
- Absences
- Angry or risky behavior
- Poor grades

# ANXIETY AND DEPRESSION IN TEENS: SIGNS AND RESOURCES

What can we suggest?

## Coping Skills for Depression:

Exercise  
Talk to someone  
Express with your Creativity

## Diversions

Writing, drawing, painting  
Music, sing, dance  
Hiking, walking  
TV/Movies, you-tube  
Reading  
Clean and organize your room

## Social

Talking to someone, hanging out  
Be with friends, family, pets

## Use your Mind

Write a Gratitude list  
Carry a favorite Quote  
Make a goal list  
Make a pros & cons list for decisions  
Make a list of strengths

## Ways to release Tension

Exercise  
Sleep 8 + hours  
Eat good whole foods  
Follow a routine  
A little Chocolate  
Deep breathing  
Meditation  
Get out in nature  
Volunteer, help someone



# ANXIETY AND DEPRESSION IN TEENS: SIGNS AND RESOURCES

A few more suggestions:

- Connect with nature: walk your dog, go for a hike
- Connect with others: thank someone who has helped you, hug a loved one
  
- Practice deep breathing
- Move your body: exercise, dance, bike, learn yoga
  
- Mindfulness: Practice, meditation
- Shift your focus from the thing that's making you anxious to awareness of your surroundings (look around the room right now and find five things that are blue)
- Talk to someone about how you are feeling
  
- Use creative expression, write, draw, paint, music
- Laughter, watch funny movies, YouTube videos, comedians
  
- Avoid caffeine, drink water instead of energy drinks, coffee, or soda
- State your emotions out loud and to yourself: **if you can name it you can tame it**
- Write down: 3 things you were worried about that did not come true.
- Write down: 3 things that did happen that weren't as bad as you had imagined.



# ANXIETY AND DEPRESSION IN TEENS: SIGNS AND RESOURCES

Eric Endlich, Ph.D.

Psychologist & Founder, [Top College Consultants](#)

[eric@topcollegeconsultants.com](mailto:eric@topcollegeconsultants.com)

Jeff and Kathy Long

Founders, [Teens4TeensHelp.org](#)

[Kathy@teens4teenshelp.org](mailto:Kathy@teens4teenshelp.org)

Rachel Sobel, Ph.D., CEP

College Possibilities

[rachel@collegepossibilities.com](mailto:rachel@collegepossibilities.com)

Evelyn Jerome-Alexander, CEP

Magellan College Counseling

[evelyn@magellancounseling.com](mailto:evelyn@magellancounseling.com)

