



Dealing with Depression

What is Depression?

It's normal for kids to feel sad, down, or irritated, or to be in bad moods from time to time. But when negative feelings and thoughts linger for a long time and limit a child's ability to function normally, it might be depression.

Depression is a type of mood disorder. The main sign is when kids are sad, discouraged, or irritable for weeks, months, or even longer. Another sign a kid might have depression is negative thinking. This includes focusing on problems and faults, being mostly critical and self-critical, and complaining a lot.

(KidsHealth/Nemours)

Identifying Depression

Amid chaos and changes in our world, being aware of subtle signs and symptoms is key in early detection. Timely support can be critical in helping things turn around quickly or preventing them from becoming unnecessarily worse. If your child has some combination of the symptoms listed below or exhibits changes or problems in any of these areas, consider an evaluation from a mental health professional:

- ✚ Loss of appetite/poor eating habits
- ✚ Difficulty sleeping or sleeping too much
- ✚ Low motivation to engage in schoolwork
- ✚ Decreased activity level
- ✚ Changes in mood
- ✚ Diminished relationships with family or friends
- ✚ Aggressive behavior
- ✚ Behavior typical of a younger child (developmental / regression)
- ✚ Changes in Speech, language, and/or other development milestones





Helping your Child Cope with Depression:

No one knows your family better than you do, so take time to talk to one another, conduct daily check in with each other to find out what's going well and what can be improved.

Positive Coping Strategies for Depression:

- ✚ Write in a journal
- ✚ Draw/Color
- ✚ Listen to music
- ✚ Take a bath
- ✚ Play with a pet
- ✚ Clean/organize something
- ✚ Read a book
- ✚ Meditate
- ✚ Use aromatherapy
- ✚ Play a game
- ✚ Exercise
- ✚ Engage in a hobby
- ✚ Practice breathing exercises
- ✚ List the things you feel grateful for
- ✚ Cook a meal
- ✚ Engage in a hobby
- ✚ Connect Spiritually
- ✚ Practice breathing exercises
- ✚ List the things you feel grateful for
- ✚ Color
- ✚ Garden
- ✚ Do yoga
- ✚ Reframe the way you are thinking about the problem
- ✚ Use progressive muscle relaxation
- ✚ Picture your "happy place"
- ✚ Give yourself a pep talk
- ✚ Squeeze a stress ball
- ✚ Think of something funny
- ✚ Look at pictures that remind you of the people, places, and things that bring you joy
- ✚ Go for a walk