

## Tips on how to cope with depression

Coping techniques could be useful to reduce and manage depression as they can help relax and improve your mood. However, there can be healthy coping strategies and unhealthy coping strategies.

### Unhealthy coping techniques

These are techniques that seem like helpful at first, but only have short-term efficacy, and can be harmful or lead to negative consequences. Are you using any unhealthy coping techniques? Can you let go of any of them?

| <b>Coping techniques</b>            | <b>I use this technique</b> | <b>I can let go of this technique</b> |
|-------------------------------------|-----------------------------|---------------------------------------|
| Shutting down                       | Yes/No                      | Yes/No                                |
| Skipping school                     | Yes/No                      | Yes/No                                |
| Being inactive all day              | Yes/No                      | Yes/No                                |
| Excessive video gaming/social media | Yes/No                      | Yes/No                                |
| Oversleeping                        | Yes/No                      | Yes/No                                |
| Isolating from everyone             | Yes/No                      | Yes/No                                |
| Procrastination                     | Yes/No                      | Yes/No                                |
| Staying up all night                | Yes/No                      | Yes/No                                |
| Self-harm                           | Yes/No                      | Yes/No                                |
| Drug or alcohol use                 | Yes/No                      | Yes/No                                |
| Self-criticism                      | Yes/No                      | Yes/No                                |
| Reacting with anger                 | Yes/No                      | Yes/No                                |
| Lashing out                         | Yes/No                      | Yes/No                                |
| Overeating/Undereating              | Yes/No                      | Yes/No                                |

## Healthy coping techniques

These are techniques that can help you to feel better and relax, and they don't cause any harm or negative consequences. Do you think any coping techniques could be helpful?

| Healthy coping techniques           | I will try | Not for me |
|-------------------------------------|------------|------------|
| Listening to music                  | Yes/No     | Yes/No     |
| Exercise                            | Yes/No     | Yes/No     |
| Meditation/Mindfulness              | Yes/No     | Yes/No     |
| Getting enough sleep                | Yes/No     | Yes/No     |
| Practice gratitude                  | Yes/No     | Yes/No     |
| Letting go of thing I can't control | Yes/No     | Yes/No     |
| Connect with someone                | Yes/No     | Yes/No     |
| Practice deep breaths               | Yes/No     | Yes/No     |
| Join a club/activity                | Yes/No     | Yes/No     |
| Keep a healthy diet                 | Yes/No     | Yes/No     |
| Complete a daily task list          | Yes/No     | Yes/No     |
| Get creative (draw/sing etc.)       | Yes/No     | Yes/No     |
| Challenge negative thoughts         | Yes/No     | Yes/No     |
| Overeating/Undereating              | Yes/No     | Yes/No     |
| Set and accomplish daily goals      | Yes/No     | Yes/No     |

### Tips:

- 1) Choose coping techniques/ activities you are interested in so that you will be more likely to complete them.
- 2) Practice the coping techniques/activities you have chosen.
- 3) Start small, break your activities in smaller pieces to be more motivated to complete them
- 4) Make a plan so that your activities/coping techniques will more likely become a habit. You can set up alarms to remind yourself, or tie an activity to something you already do.

- 5) Bring a friend and include them in your activities, so that you will not be alone, your commitment will increase and you will have more fun.
- 6) Don't forget your support network and don't be ashamed to ask for help.