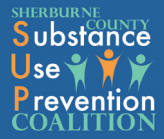


HELPFUL COPING SKILLS FOR TEEN ANXIETY AND DEPRESSION

TALK EARLY
TALK OFTEN



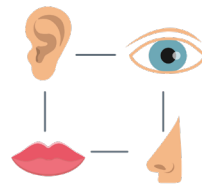
Coping skills are strategies teens can use to help them reduce, and better manage their mental health symptoms. They help us to calm our brain and body. There are several types of helpful coping skills that teens can use depending on the situation and environment.

RELAXATION SKILLS

- Incorporate the 5 senses (drink something soothing, calming candle)
- Take 3 deep belly breaths
- Take a nap
- Tense and relax your muscles (Progressive Relaxation Exercises)
- Self-massage neck/shoulders
- Meditate
- Use a relaxation app (Headspace, Colorfy, MoodTrack)



GROUNDING SKILLS



- Mindfulness
- Look: 5 things you can see
- Feel: 4 things you can touch
- Listen: 3 things you can hear
- Smell: 2 things you can smell
- Taste: 1 thing you can taste

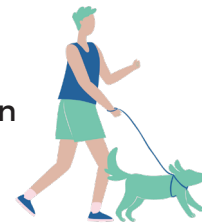
DISTRACTION SKILLS

- Engage in a hobby
- Count from 1 - 100
- Listen to music
- Zentangle or Mandalas
- Watch a funny TV show or YouTube video
- Reading



MOVEMENT SKILLS

- Arm circles
- Brisk walk, jog or run
- Exercise
- Bike ride
- Stretching / Yoga
- Martial Arts/ Tai Chi / Qi Gong



THINKING/MENTAL SKILLS

- Think of 3 things you are grateful for
- Encouraging statements
- Think of a peaceful place
- Visualize yourself calming down
- Challenge negative/anxious thoughts



CREATIVE OUTLETS

- Music
- Art
- Writing
- Coloring / Painting
- Building
- Drawing
- Hands-on activities



GOOD HEALTH HABITS

- Get a full night's sleep
- Do not skip meals
- Eat healthy foods and snacks
- Reduce caffeine consumption
- Say no to energy drinks
- Exercise 3-5 days per week



SELF-CARE

- Rest
- Take a break when you need it
- Get out in nature
- Take a warm shower or bath
- Talk to a trusted person
- Get a drink of water
- Seek and talk with a therapist

