

COPING WITH ANXIETY

&/OR DEPRESSION

If you are feeling symptoms of anxiety or depression, there are things that can help alleviate those symptoms

DO'S



Talk to a friend, parent, or adult about how you are feeling



Exercise!!!



when your body moves, you will release "feel good" hormones!

Journal



might help you reflect on your emotions

Eat Healthy foods

eating vitamin rich foods can help protect your brain from mood disorders



Try to get on a sleep pattern



Quality sleep is a strong factor in mental health



DONT'S



Isolate, spend time alone,



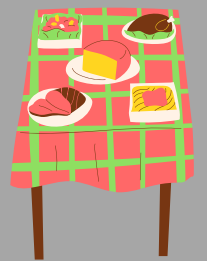
Stop doing the things you are not enjoying as much anymore



Bottle up and ignore your emotions



skip meals



Spend too much time on social media

Don't compare yourself to others!



If anxiety and depression symptoms do not get better, talk to an adult and a doctor

social withdrawal

hopelessness

isolation

sadness

fatigue

Apathy

restlessness

unmotivated