



Depression



Symptoms



Feeling hopeless or worthless

Loss of interest/pleasure in activities

Difficulty Concentrating

Insomnia/Sleeping too much

Recurring thoughts of suicide or death

Weight Loss/Gain

Fatigue

Persistent "sad" or empty feelings



Coping Skills



Remain Active: Exercise at least 30 minutes a day

Eat A Healthy Diet: Minimize sugars and refined carbs

Prioritize Self-Care: Meditate, take a bath, go for a walk, etc.

Stay Connected With Friends/Family: Make social plans

Join Local Support Group: Look online for groups

Challenge Negative Thinking: Focus on what is going right

Form A Healthy Sleep Schedule: Establish a routine

Take Social Media Breaks: Use that time to be outside instead