
What is Depression?

Experiencing a depressed mood at any point in life can be a typical response of the challenges we face, especially when we feel disappointed, or are grieving a loss. We've often been taught to suppress uncomfortable feelings such as this, for the comfort of others.

We can feel depressed mood at any point in life, and this is expected to occur as a result of normal life experiences.

When Depression Becomes Problematic:

Ongoing suppression of our natural emotional expression in response to our environment, can cause a buildup of uncomfortable emotions. Depression can manifest into a disorder when it significantly interferes with our ability to complete tasks of our daily life.

Symptoms of depression include, but are not limited to, feeling sad, appetite changes, lack of energy, difficulty thinking/concentrating, no longer having interest in things you enjoy, and thoughts of self-harm or suicide.

How to Manage Depression:

If you feel your depression is unmanageable, it is helpful to check in with a primary care provider, and seek support from a mental health professional.

You'll also find some helpful tips in the next pages of this guide.

Affirmations for Depression

I'm strong and capable.

I'm allowed to feel my feelings,
and move through them naturally.

I deserve to experience joy.

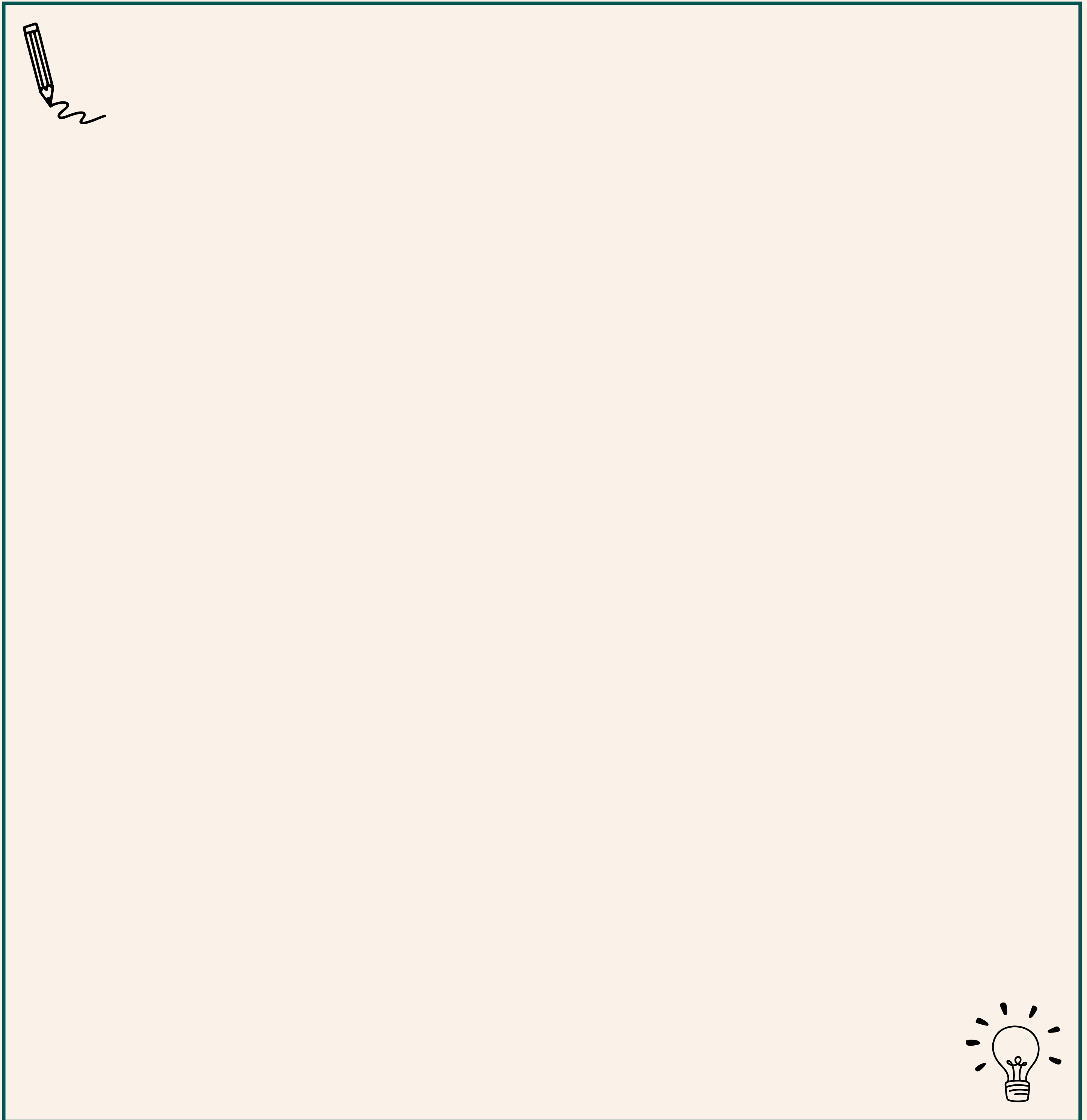
I'm grateful for _____

I am proud of myself for making
it through this day.

Write your own affirmation:

Doodling Out Depression

Use this space to doodle, make bullet points, jot down your thoughts, or whatever else feels right.



A large, empty rectangular box with a dark teal border, intended for doodling or writing. In the top-left corner of the box, there is a small icon of a pencil with a wavy line below it. In the bottom-right corner of the box, there is a small icon of a lit lightbulb.

General Coping Skills for Depression

Be gentle with yourself. Recognize you are having a challenging time, and it's okay to show some grace, self-compassion, and patience inward.

Grab a buddy. Depression can encourage feelings of isolation and loneliness. Find a support person you can release to and prevent spiraling downward in your thoughts.

Do just ONE thing. Keeping up with daily routines and responsibilities can feel overwhelming. Try completing just one self-care task to build confidence and momentum.

Find laughter. Laughing lowers stress chemicals in your body. Watch a stand-up comedy video or funny movie. Spend time with a funny friend. Laugh at your favorite internet memes.

Write your own coping skill:

Reach Out for Professional Help

Whether or not we are the right fit for your unique needs, we are here to provide support on your journey. You matter.

When Depression Becomes Problematic:

Contact us at 330-426-7885, or visit our website www.CYOPInc.org for more information and resources.

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