

# I Feel Depressed: How Can I Cope?

Depression drains you; you lose energy, interest and hope in life. Your friendships suffer and you start to feel isolated. You find it hard to study and to focus on what you need to do.

Sound familiar? This isn't something that you can just 'snap' out of, but here are some things that you can do to help yourself.

Remember it takes small steps.

**Talk to someone** who you can trust at school: a teacher; your Head of Year; pastoral staff. This will help people to understand what you are going through and make you feel less on your own.



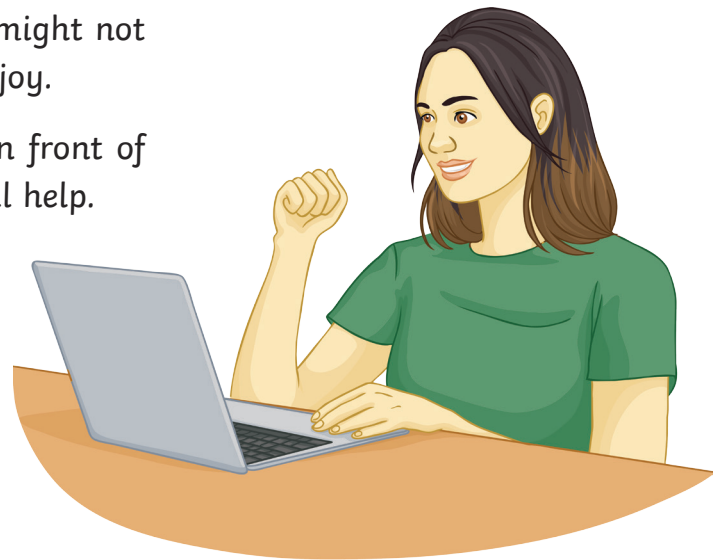
**Spend some time with your friends.** It's easy to become withdrawn when you're feeling down but it is important to try and stay connected with your friends, even if it's just for a short period of time each day.

## 10 Tips for Reaching Out and Staying Connected

1. talk to just one person about your feelings;
2. volunteer to help someone;
3. meet up with your friends during break and lunchtimes;
4. ask a friend to check in with you regularly to make sure that you are feeling okay;
5. go with someone to the cinema;
6. use social media to stay in contact with friends;
7. go for a walk with your friends or family;
8. talk to an adult at school who can support you;
9. don't suffer in silence. there are lots of people there to support you; just ask;
10. remember you are not on your own and lots of people will understand how you are feeling.

**Do something that makes you feel good.** You might not feel like it, but try to do something that you enjoy.

**Get some exercise.** Try not to stay in bed or in front of the television all day. It's hard, but exercise will help.

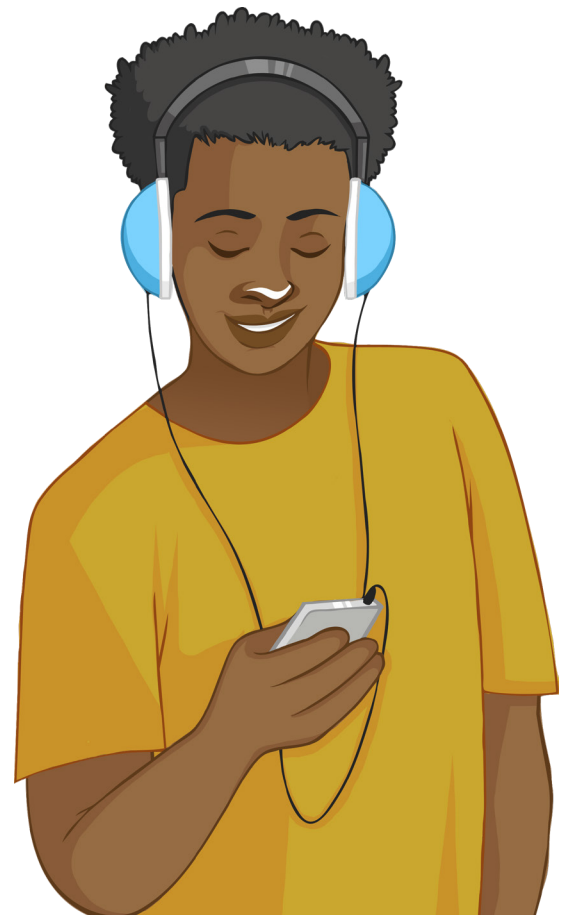


### Try to do a few of these ideas each day, even if you're feeling good

1. spend some time outside;
2. list what you like about yourself;
3. read a good book;
4. watch a funny film or television show;
5. take a long, hot bath;
6. try and tidy your room, or do some homework;
7. play with a pet;
8. talk to friends or family face-to-face;
9. listen to music;
10. do something spontaneous.

**Sunshine and fresh air** will help boost your mood so try and get out and about every day. Maybe go for a walk with friends or sit outside if it's sunny.

Come up with **a list of things** that you can do for a **quick mood boost**. The more 'tools' you have for coping with depression, the better.



**Remember: keep talking to people and get the support you need.**