Steps to Take if You’re Feeling...

DEPRESSED DURING COVID-19 HOME-SCHOOL

SHOW UP

No matter how boring or uncool logging online to do schoolwork might seem, it will help your mood. Focus on subjects that interest you, take one small assignment at a time. Accomplishment feels good.

CONVERSE

If you’re feeling low, reach out to a friend, teacher, or loved one. Do not sit with depression alone. If you are suicidal, call the National Suicide Prevention Lifeline 1-800-273-8255 or 911 if you feel unsafe.

EAT FOOD & DRINK H2O

Depression can take away our hunger. It can also cause us to eat sugary, carb-heavy foods that don’t have the nutritional value we need. Eat balanced meals, even if it’s just one a day. Hydrate. Food is life.

DITCH THE SUBSTANCES

Nicotine, alcohol, marijuana, and other substances will worsen depression symptoms. Avoid coping with drugs and alcohol. Try other strategies to adjust your mood...

Exercise releases “feel good” endorphins almost immediately. Deep connection with a friend also shifts our mood within just a few minutes. You deserve it.

DANCE, SING, CHILL OUT - SELF CARE!

Depression is one way that your body, mind, and spirit screams >>> I NEED SOME TLC. Take a bath, listen to music, connect to a therapist online, talk to a friend. Do what makes your body and spirit feel loved and cared for.