

COPING WITH *Sadness & Depression*

When we suffer from feelings of sadness or depression, it can be hard to cope. There are some strategies you can use to help lift you from despair. If your child is a student at St. Joseph's Indian School who suffers from depression, chances are your child's counselor has implemented some of these ideas into their counseling sessions.

Connect with your counselor, teachers, house parents, friends and family who are positive influences. Having positive, healthy relationships lifts you! Stay away from people who are negative and have a tendency to make you feel worse.

Look forward to the future. If you look at what you are thinking about when feeling down, you will usually find negative memories from the past. Focus on the future and brighter things to come. Think about goals you would like to reach and how happy you will be once you accomplish them.

Visualization works! Imagine your happy place. Think about what it looks like. Imagine the colors and smells. Who is there? What are you doing? When you are feeling blue, let your imagination take you away to your happy place!

The most important thing is to reach out! you don't have to suffer in silence.



St. Joseph's Indian School
We serve and teach, we receive and learn.
PO Box 89
Chamberlain, SD 57325-0089
(605) 234-3300 • www.stjo.org

9 TECHNIQUES TO COPE WITH

Sadness & Depression

1 Find a Hobby

A hobby can be a great distractor from the things that are depressing you.

2 Hang With Friends & Family

As alone as you may feel, there are friends and family who really enjoy your company.

3 Do Something That Makes You Feel Better

Fill your time learning something.

4 Look Toward the Future

You should never forget the past, but you must let go to move on. Focus on improving your future.

5 Remember Your Good Qualities

You have a lot of good qualities to offer the world and the people around you.

6 Visualize Times of Happiness

Remember the good times. Close your eyes and picture yourself happy and in the moment.

7 Eliminate the Internal Negative Talk

Remember the good times. Close your eyes and picture yourself happy and in the moment.

8 Set Goals for Yourself

Goals are very important for success and to give yourself drive.

9 Talk to Others About Your Feelings

It may be hard to share your problems with others, but talking about them can help get the weight of the world off your chest.

The most important thing is to reach out! you don't have to suffer in silence.