

Name \_\_\_\_\_

## Rising Above: Dealing with Anxiety and Depression



Anxiety and depression are like dark clouds that can sometimes block the sunshine in your life. But don't worry; there are things you can do to improve your ability to deal with these tough feelings and become a better person.

### Talk About It

One of the first steps in dealing with anxiety and depression is to talk about your feelings. Share what you're going through with someone you trust, like a parent, teacher, or friend. When you open up, it can feel like a weight lifted off your shoulders.

### Learn to Relax

Relaxation techniques can help calm your mind. Try deep breathing exercises, meditation, or yoga. These activities can reduce stress and make you feel more in control.

### Stay Active

Exercise is a natural mood booster. It releases feel-good chemicals in your brain called endorphins. So, whether it's dancing, riding your bike, or playing sports, staying active can make a big difference.

### Get Enough Sleep

Sleep is like recharging your batteries. Make sure to get a good night's sleep to help your body and mind rest and recover. A well-rested you can handle challenges better.

### Break Tasks into Smaller Steps

When you're feeling overwhelmed, break tasks into smaller, manageable steps. This makes big problems seem less scary, and you can tackle them one step at a time.

### Challenge Negative Thoughts

Anxiety and depression often bring negative thoughts. Challenge them by asking yourself, "Is this thought really true?" Try to find evidence that supports more positive thinking.

### Do Things You Enjoy

Hobbies and activities you love can help lift your spirits. Whether it's drawing, reading, or playing music, doing things you enjoy can be a great distraction from negative feelings.

### Seek Professional Help

Sometimes, anxiety and depression can be tough to handle on your own. It's okay to ask for help from a counselor or therapist. They have tools and strategies to support you.

Remember, it's normal to have ups and downs in life, but you can learn to manage anxiety and depression. With the right tools and support, you can become a stronger, more resilient person who finds the sunshine even behind the clouds.

