

GoodTherapy

Coping Skills for Depression

Behavioral Activation: Completing tasks and activities can be a struggle for someone who is experiencing depression. The resulting decrease in activity can cause the depression to worsen. Identifying activities you can complete and practising consistency can help to stop the cycle.

1) Select your activity

2. Tips to improve consistency.

1. start small, break it down.
2. Have a plan.
3. Include Friends.

Social Support Structure: Feeling alone can be a common symptom of depression. Sometimes, it can be easier to embrace feelings of isolation rather than resist them. These tips will help you build up a social support structure to help increase your resilience to feelings of social isolation.

Prioritize existing relationships.

Say yes to social opportunities.

Find a support group.