

Resiliency & Depression

Geneva Middle School North

Purpose of Talking to Teens about Resiliency & Depression

- Successful depression prevention = 11 to 15 years of age
- Maximize resiliency factors & reduce risk factors for depression
- Depressive disorders have affected about 11 percent of 13- to 18-year-olds in the US; about 3 percent of these experience serious debilitating depression (NIMH)
- To create understanding & recognition of its symptoms
- To help them know how to seek help for themselves or a peer

Goals of Conversation with Youth

- Recognize the symptoms of depression
- Understanding that all of us deal with sadness or some symptoms of depression at some point in our lives but can be more severe for some
- Address the stigma of struggling with depression and how we all benefit from supportive relationships
- Resiliency building activities
- How to seek help

Risk Factors

Risk factors for youth depression include:

- Having a parent with depression (some genetic component)
- Low self-esteem
- Negative body image
- Lack of social support
- Ineffective coping
- A negative cognitive style
- Trauma

Resiliency Factors

Protective factors for youth depression include the following:

- Presence of supportive adults
- Strong family relationships
- Healthy, humble view of self
- Strong peer relationships
- Coping skills
- Emotion regulation skills
- Positive self-talk; faith

Resiliency Building

- Communicate & work through conflicts calmly
 - Model how to manage emotions when it's most difficult
- Model "Love Languages" to children (Chapman)
 - Words of affirmation: calling out who they are & the things they do well; saying you love them; thanking them
 - Physical touch: hugs, thoughtful touch, sitting close to them
 - Quality time: sharing fun times together; listening & talking; making memories
 - Acts of Service: helping with work, projects, etc. with joy
 - Gifts: giving thoughtful, special, enjoyable gifts

Resiliency Building

- Forgive (ask for forgiveness & grant it freely)
- Be kind to yourself
 - Letter to Me activity
- Be a good friend
- Practice healthy coping when feeling sad, anxious, angry
 - feelings aren't wrong but what we do with them can be
- Self-control strategies
 - deep breathing
 - self-distraction activities
 - asking for time to process first

Practice Reframing Thoughts

- Life events- Beliefs- Consequences
 - Process the event/ what happened
 - What do I believe (automatic thoughts) & How do I feel
 - What is the truth?- Reflect on new feeling
 - How would I act based on my feeling before/now?
- FEAR Plan
 - Feeling sad, stressed, worried, hopeless, angry?
 - Expecting bad things to happen?
 - Attitudes & actions that will help
 - Rewards & results