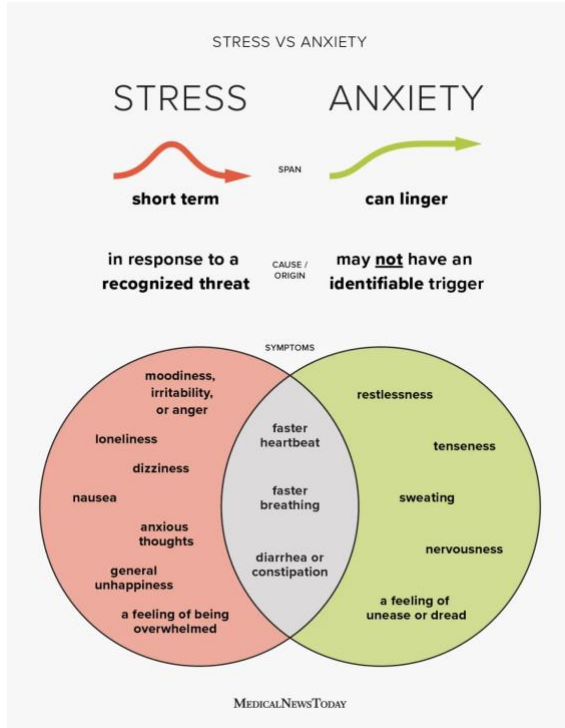


https://www.google.com/search?q=anxiety+and+symptoms&sxsrf=ALiCzsas44txj_5mtP_FqZrQmA6RY0Zg-A:1668977451207&source=lnms&tbm=isch&sa=X&ved=2ahUKEwjg0ffA0b37AhVjF1kFHZjXC3cQ_AUoAXoECAIQAw&biw=1440&bih=821&dpr=2#imgcr=F96bzqCPUTV8qM



<https://u.osu.edu/mddcasestudy/patient-education-video/>

DEPRESSION

SIGNS AND SYMPTOMS



- 

HELPLESSNESS
Lack of control over your life, feeling that you cannot change your situation, and a sense of helplessness.

- 

GUILT
Feeling responsible for things that are not your fault, or feeling that you have done something wrong.

- 

ANGER
Feeling angry, frustrated, or irritable, often without a clear reason.

- 

WITHDRAWING FROM FRIENDS & FAMILY
Losing interest in social activities and spending more time alone.

- 

NO CONCENTRATION
Difficulty focusing on tasks, often due to racing thoughts or a lack of interest.

- 

THOUGHTS OF DEATH
Thinking about death or suicide, or feeling that death would be a relief.

- 

CHANGES IN APPETITE
Eating much less than usual, or eating much more than usual.

- 

ENERGY LOSS
Feeling tired all the time, even after a good night's sleep.

- 

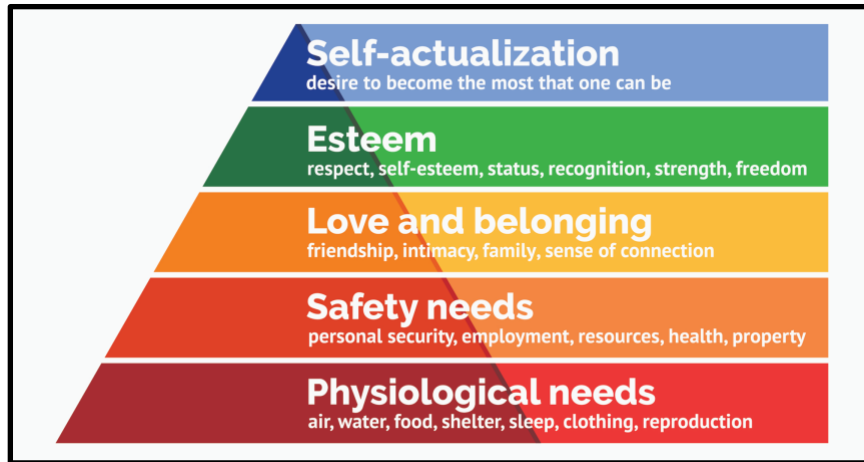
SLEEP PROBLEM
Waking up too early in the morning, or sleeping too much.

- 

ALCOHOL AND DRUG ABUSE
Using alcohol or drugs to cope with feelings of sadness or stress.

Download from Dreamstime.com

<https://www.simplypsychology.org/maslow.html>



<https://ineffableliving.com/100-coping-skills/>

Coping Skills List

DISTRACTIONS	COGNITIVE COPING
<input type="checkbox"/> Clean or organize your environment	<input type="checkbox"/> Act opposite of negative feelings
<input type="checkbox"/> Dance	<input type="checkbox"/> Brainstorm solutions
<input type="checkbox"/> Doodle on a paper	<input type="checkbox"/> Make a gratitude list
<input type="checkbox"/> Draw	<input type="checkbox"/> Read an inspirational quote
<input type="checkbox"/> Garden	<input type="checkbox"/> Reward yourself when successful
<input type="checkbox"/> Go for a drive	<input type="checkbox"/> Slowly count to ten
<input type="checkbox"/> Go for a walk	<input type="checkbox"/> Take a class
<input type="checkbox"/> Go shopping	<input type="checkbox"/> Think about someone you love
<input type="checkbox"/> Hug a stuffed animal	<input type="checkbox"/> Think of something funny
<input type="checkbox"/> Listen to music	<input type="checkbox"/> Use positive self-talk
<input type="checkbox"/> Paint	<input type="checkbox"/> Visualize your favorite place
<input type="checkbox"/> Photography	<input type="checkbox"/> Write a list of goals
<input type="checkbox"/> Play a game	<input type="checkbox"/> Write a list of pros and cons for decisions
<input type="checkbox"/> Play an instrument	<input type="checkbox"/> Write a list of strengths
<input type="checkbox"/> Put a puzzle together	<input type="checkbox"/> Write a positive note
<input type="checkbox"/> Read	TENSION RELEASERS
<input type="checkbox"/> Sing	<input type="checkbox"/> Chew gum
<input type="checkbox"/> Take a break	<input type="checkbox"/> Cry
<input type="checkbox"/> Take a shower or a bath	<input type="checkbox"/> Exercise or play sports
<input type="checkbox"/> Watch pets videos on Youtube	<input type="checkbox"/> Laugh
<input type="checkbox"/> Watch a movie	<input type="checkbox"/> stretch
<input type="checkbox"/> Write	<input type="checkbox"/> Use a stress ball

1

http://blogs.flinders.edu.au/student-health-and-well-being/wp-content/uploads/sites/71/2022/04/My-Safety-Plan_2022.pdf

Activities to help you feel better

Tick those you'll try out

Distract your mind

Read a book.
Do a puzzle or crossword.
Colour-in.

Lighten the mood

Listen to music.
Watch a funny movie.
Re-watch your fave TV show.

Do something active

Go for a walk/run/jog.
Push ups/star jumps.
Stretch your muscles.

Steady your breathing

Breathe in through your nose for 3 seconds and out through your mouth for 3. Repeat.

Do something productive

Tidy up your house.
Declutter.
Bake something.
Tick something off your to-do list.

Get comfy and cosy

Have a shower.
Get into your comfy clothes.
Make a cup of tea.
Light a candle.

Tune into your five senses by naming:

5 things you can see
4 things you can hear
3 things you can feel
2 things you can smell
1 thing you can taste



<https://www.pinterest.com/pin/48554502212161223/>

Coping Skills Bingo

Pray or meditate	Take a shower	Cooking	Think about happy memories	Talk to a friend
Take a time out	Read	Play with a pet	Dance	Sew or crochet
Go outside	Exercise	FREE	Write in a journal	Arts and Crafts
Use a stress ball	Listen to music	Play cards	Try something new	Use positive self-talk
Start a hobby or project	Deep breathing	Muscle relaxation	Punch a punching bag	Let yourself cry

This bingo card was created randomly from a total of 24 events.
Arts and Crafts, Cooking, Dance, Deep breathing, Exercise, Go outside, Let yourself cry, Listen to music, Muscle relaxation, Play cards, Play with a pet, Pray or meditate, Punch a punching bag, Read, Sew or crochet, Start a hobby or project, Take a shower, Take a time out, Talk to a friend, Think about happy memories, Try something new, Use a stress ball, Use positive self-talk, Write in a journal.

My Safety Plan

You and your life are important and worthy.

Staying safe is the first step towards feeling better. You can complete your Safety Plan by yourself or with your clinician. Keep your Safety Plan where you can get it easily. You may like to share a copy with friend(s), family, and/or your doctor.



Warning signs that I might be feeling worse, and things I want to avoid:

Types of thoughts, feelings and behaviours to look out for:

-
-

Places, situations or people to avoid:

-
-



Getting through the moment with things that help me feel safe and calm:

I can make my environment safe by:

-
-

I can use helpful distractions, such as:

-
-



Holding hope by remembering the reasons I want to keep living:

-
-
-
-



People I can reach out to for support:

Friends and/or family:

-
-

Mental health professionals:

-
-

If you have a plan for how to end your life and are thinking of going through with it, call triple zero (000) immediately or go to your nearest hospital emergency department.