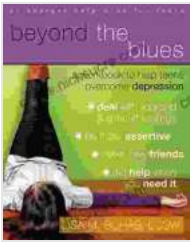


Empowering Teens: A Comprehensive Workbook for Overcoming Depression



Beyond the Blues: A Workbook to Help Teens Overcome Depression by Lisa M. Schab

★★★★☆ 4.5 out of 5

Language : English
File size : 1872 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 181 pages



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Depression is a serious mental health condition that can affect anyone, regardless of age. Teens are particularly vulnerable to depression, as they

are going through a time of significant physical, emotional, and social changes.

Depression can cause a wide range of symptoms, including:

* Persistent sadness or emptiness * Loss of interest in activities * Difficulty concentrating * Changes in sleep or appetite * Feelings of worthlessness or guilt * Suicidal thoughts or behaviors

Symptoms of Depression

If you are concerned that your teen may be depressed, it is important to seek professional help. A mental health professional can evaluate your teen and provide a diagnosis.

Causes of Depression

There are a variety of factors that can contribute to depression, including:

* Genetics * Family history * Life experiences (e.g., trauma, abuse, neglect)
* Medical conditions * Substance use

Treating Depression

There are a number of effective treatments for depression, including:

* Psychotherapy (talk therapy) * Medication * Lifestyle changes (e.g., exercise, healthy diet, sleep hygiene)

The Workbook

This workbook is designed to help teens understand depression and develop skills to overcome it. It is based on cognitive-behavioral therapy

(CBT), which is a type of therapy that helps people identify and change negative thoughts and behaviors.

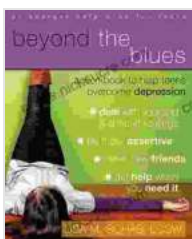
The workbook is divided into 10 chapters, each of which covers a different aspect of depression. The chapters include:

* Understanding depression * Identifying negative thoughts * Changing negative thoughts * Developing healthy coping mechanisms * Building self-esteem * Communicating with others * Managing stress * Preventing relapse

Each chapter includes:

* Psychoeducation (information about depression) * Exercises (to help teens practice new skills) * Journaling prompts (to help teens reflect on their progress)

This workbook is a valuable resource for teens who are struggling with depression. It can help them understand their condition and develop skills to overcome it. With the help of a mental health professional, this workbook can help teens get back on track to a happy and healthy life.



Beyond the Blues: A Workbook to Help Teens

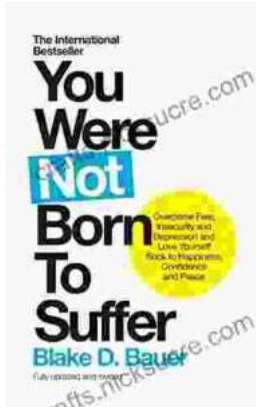
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