

# Self-Help Strategies that can Reduce the Risk of Depression in Teens

## ENCOURAGE YOUR TEEN TO:

- Engage in exercise or physical activity (e.g. sports, walking).
- Do something they enjoy.
- Practice good sleep hygiene - get adequate sleep each night (8-10 hours); go to bed and wake up at the same time each day (even on weekends); wind down with relaxing activities before bedtime; only go to bed when feeling drowsy; keep bedroom quiet and at comfortable temperature.

- Try to remain involved in purposeful activities for at least a small part of every day.
- Eat a healthy, balanced diet.
- Talk over issues or feelings with someone who is supportive and caring.

- Reward themselves for reaching a small goal.
- Let their family and friends know how they are feeling so that people close to them are aware of what they are going through.
- Engage in activities that give them a feeling of achievement.

- Enlist a trusted friend or relative to help them get out and about or do activities.
- Make sure they get out of the house and are active for at least a short time each day.
- Make a list of strategies that have worked in the past and use them.
- Learn relaxation methods.



PREVENTION  
COLLABORATION  
COMMUNITY STRENGTHS  
ACTION RESEARCH

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