








## Seasons Counseling Center

# Coping with Depression

*Finding Hope & Building Emotional Wellness*

*You Are Not Alone – Help, Healing, and Strength Are Possible*

### Signs of Depression Can Include:

-  • Sadness or emptiness
-  • Loss of interest or motivation
-  • Difficulty concentrating or sleeping.
-  • Irritability or withdrawing
-  • Feeling overwhelmed or hopeless.



## Coping Skills We Teach

### Talk It Out



Share feelings  
in a safe space

### Challenge Negative Thoughts

Shift unhelpful  
patterns

### Healthy Habits



Sleep, nutrition,  
& routines

link

### Stress Relief Tools



Breathing,  
mindfulness,  
movement

### Set Goals & Build Confidence



Small steps  
forward

## What You'll Learn in Therapy:

- ✓ How to manage sadness & worry
- ✓ Healthy ways to cope with stress
- ✓ Improved mood & self-esteem
- ✓ Tools to handle tough emotions

*Healing is Possible – One Step at a Time*



Call: (573) 327-9841



<https://www.seasonscounseling.com>