

Workbook to Help Teens Overcome Depression: A Comprehensive Guide to Recovery

<p>Depression is a prevalent mental health issue affecting millions

<p>The first step in overcoming depression is to assess its severity

<p>Depression often involves negative thought patterns that can trap

<p>Depression can lead to inactivity and social withdrawal. This mod

<p>Mindfulness and relaxation techniques can help reduce stress, imp

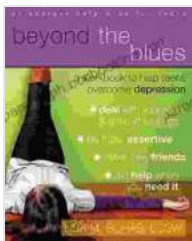
<p>Resilience is the ability to adapt to challenges and bounce back

<p>Overcoming depression requires support from others. This module c

Depression can be a difficult journey, but recovery is possible.

Alt image attributes:

- **Depression symptoms:** A photo of a young person looking sad and withdrawn.
- **Cognitive restructuring:** A graphic representing negative thoughts being transformed into positive ones.
- **Behavioral activation:** An image of a person engaging in an enjoyable activity.
- **Mindfulness and relaxation:** A photo of a person practicing mindfulness meditation.
- **Building resilience:** An image of a person overcoming challenges with determination.
- **Seeking support:** A photo of a group of people supporting a young person going through depression.



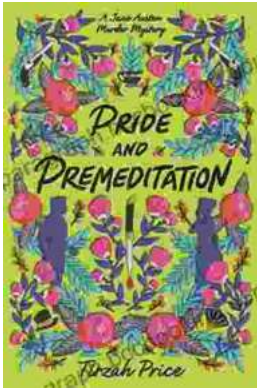
Beyond the Blues: A Workbook to Help Teens

Overcome Depression by Lisa M. Schab

★★★★☆ 4.5 out of 5

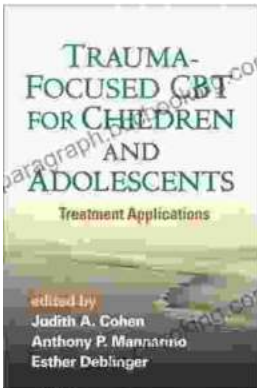
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