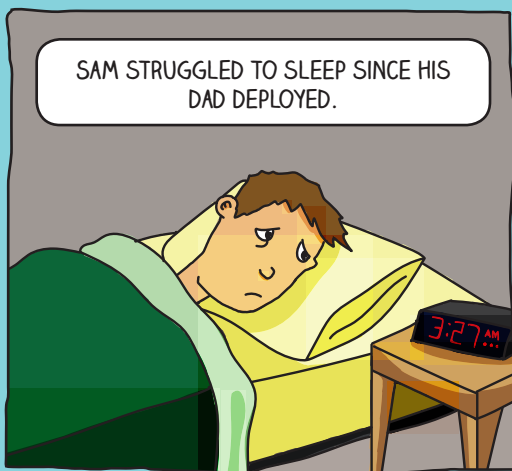


HOW TO COPE

WITH WORRYING



PICK A PATH



SEE WHERE YOUR PATH LEADS



TRIVIA TIME

- 1 TREATMENT FOR DEPRESSION CAN HELP YOU FEEL BETTER! BUT TELLING SOMEONE YOU NEED HELP IS HARD – WHICH REASON DO YOU THINK IS THE MOST COMMON?
 - A) WORRY WHAT PARENTS OR OTHER FAMILY MEMBERS WILL THINK.
 - B) THINK THAT TREATMENT WON'T HELP.
 - C) WORRY WHAT FRIENDS WILL THINK.
 - D) THINK THAT TREATMENT IS TOO EXPENSIVE.
- 2 FEELING DEPRESSED BUT AREN'T SURE YOU WANT TO GET HELP? GUESS WHAT OTHER PROBLEMS MIGHT GET BETTER IF YOU GET TREATED FOR DEPRESSION:
 - A) DIFFICULTIES CONCENTRATING.
 - B) LOW ENERGY.
 - C) FEELINGS OF HOPELESSNESS OR WORTHLESSNESS.
 - D) ALL OF THE ABOVE.
- 3 THE FOLLOWING ACTIVITIES ARE GOOD WAYS TO GET OUT OF A FUNK EXCEPT:
 - A) HANGING OUT WITH SUPPORTIVE FRIENDS.
 - B) PRACTICING YOUR FAVORITE SPORT.
 - C) EATING A LOT OF JUNK FOOD.
 - D) GOING FOR A WALK.
- 4 ASK FOR HELP! EVEN THOUGH TREATMENT FOR DEPRESSION IS VERY HELPFUL, WHAT PERCENTAGE OF ADOLESCENTS DO NOT RECEIVE APPROPRIATE TREATMENT FOR DEPRESSION?

A) 20%	C) 60%
B) 40%	D) 80%

ANSWERS 1: A, 2: D, 3: C, 4: D

IT'S NORMAL TO FEEL ANXIOUS WHEN YOUR PARENT IS DEPLOYED. BUT THERE ARE WAYS TO DEAL WITH THESE FEELINGS. TRY FINDING A FUN ACTIVITY, OR WHEN YOU START FEELING STRESSED, ACKNOWLEDGE YOUR CONCERNS AND REPLACE THEM WITH SOMETHING MORE POSITIVE LIKE IMAGINING YOUR PARENT RETURNING HOME SAFE AND SOUND.

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