



Beyond the Blues: A Workbook to Help Teens Overcome Depression (Teen Instant Help)

Lisa M. Schab LCSW

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Many people experience depression at one time or another in their lives, but during the adolescent years, the vast number of physical, emotional, and mental changes that occur make teens even more susceptible to feelings of confusion or sadness. However your depression originates, you must learn to handle it so that you can manage the stresses of daily life.

The activities in *Beyond the Blues* can help you cope with sad and difficult feelings, find new ways to make friends, and deal with conflicts. Little by little and on your own schedule, you can make small changes in your life that will lead you to a brighter, more enjoyable future. Since everyone is different and heals in slightly different ways, this book presents a wide variety of exercises.

Know that as you work through this book, you are doing something good for yourself. You are learning to cope with your feelings and take care of yourself in a healthy way. You can learn to manage depression just like you learned to tie your shoes or read and write. Just give it a chance and be patient with yourself. You deserve to feel good, and you will if you keep working at it!

If you're feeling depressed, don't be afraid to reach out for help. This workbook offers things you can do, both on your own and with a counselor, to start feeling more like yourself again.

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