

Depression: Why Self-Care Matters



December
2020

REMEMBER: TAKING CARE OF YOURSELF SHOULD ALWAYS BE A PRIORITY

PLEASE CONTACT US WITH ANY QUESTIONS,
COMMENTS, OR CONCERNS

Students K-5:

Being sad is normal, learn how to help make yourself feel better from the video and handouts below!

https://www.youtube.com/watch?v=tNsTv-j_sQs

Students 6-8:

Check out the video and hand out below to see how important self-care is and learn about what depression looks like!

<https://www.youtube.com/watch?v=XiCrniLQGYc>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:959d427f-a43b-4485-9b42-3dd6f028dad2>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:16fff031-9850-40d0-b07f-1e5b83250b99>

Students 9-12:

The video and hand out below shows signs of depression!

<https://www.youtube.com/watch?v=tNwRNmFT7-4>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:947792d7-2bd8-4387-ba8a-1172c13866cd>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:16fff031-9850-40d0-b07f-1e5b83250b99>

Parents and Families:

Depression is one of the most misunderstood illnesses. Take care of yourself by understanding your own Mental Health!

<https://www.youtube.com/watch?v=h50-JYAbKik>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:16fff031-9850-40d0-b07f-1e5b83250b99>

Staff:

Depression can be hidden, watch the video below to see what high functioning depression looks like!

<https://www.youtube.com/watch?v=h50-JYAbKik>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:16fff031-9850-40d0-b07f-1e5b83250b99>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:3a4eb0d9-8416-4c7e-b7ce-ce67b9de0f5a>

<https://www.youtube.com/watch?v=Nk04hFnYHWU>

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