

3 validation strategies to try at home

Help your teen navigate the difficulties of depression by trying these strategies at home:

1.) Validate that their urge to avoid or isolate makes sense for what they're feeling.

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“I know you're feeling really down and depressed today, and that makes it really difficult to do things.”

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2.) Remind them that avoiding something may feel good now, but it can make things worse and create new problems in the future.

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“I know it's really hard to get out of bed when you're feeling depressed. At the same time, I'm worried that it isn't helping you to feel better in the long run. How about we go to the kitchen to have a snack?”

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3.) Praise their attempts to address triggers and use active coping.

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“It was great to spend time with you yesterday! I've missed that.”

“I'm happy to help problem solve how to get your homework done on time. I know it's been really tough. But you've been spending more time on homework and you're taking better care of yourself. You're on the right track!”

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