

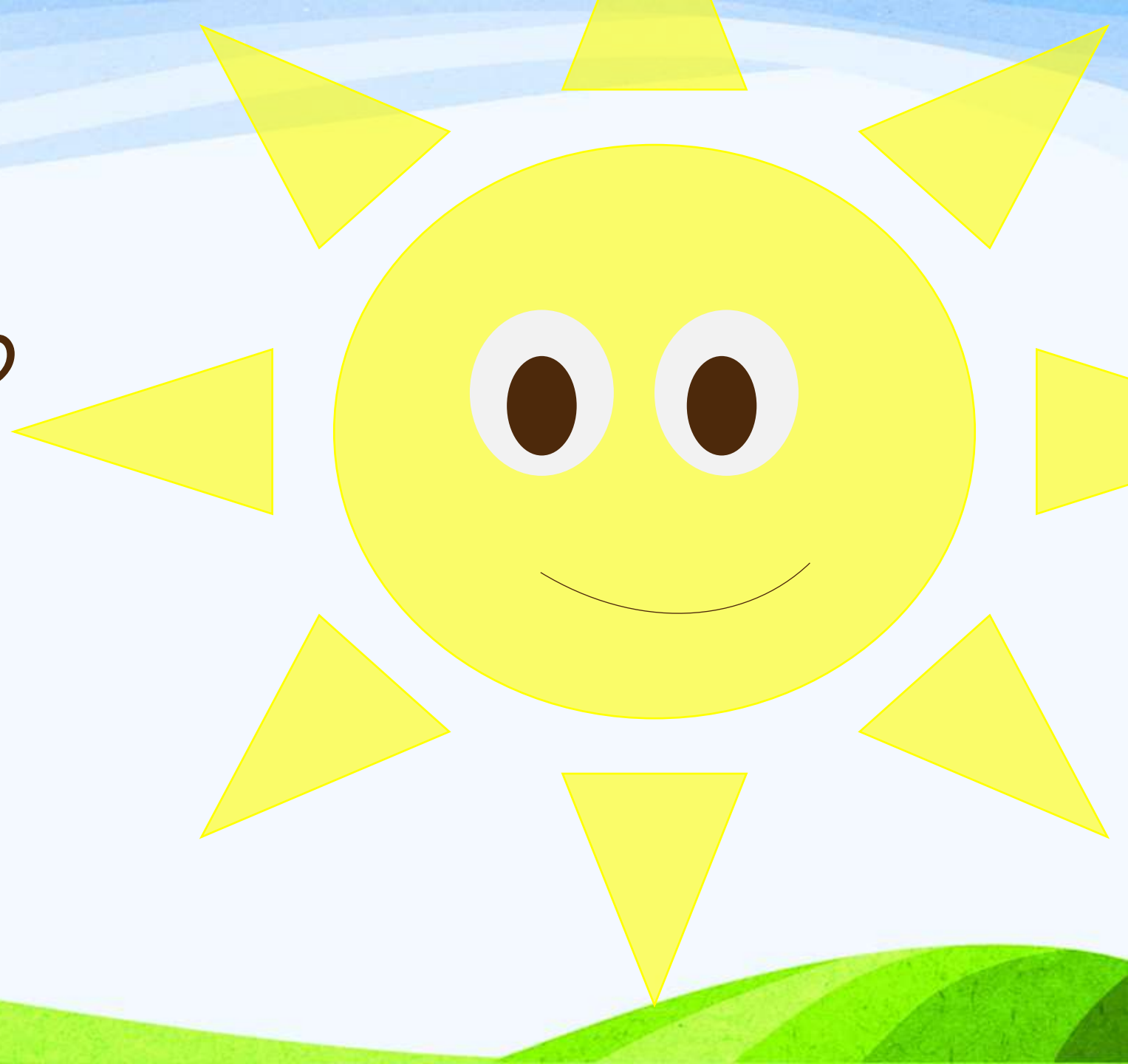


Mental Health

Coping with Depression, Anxiety, and Trauma

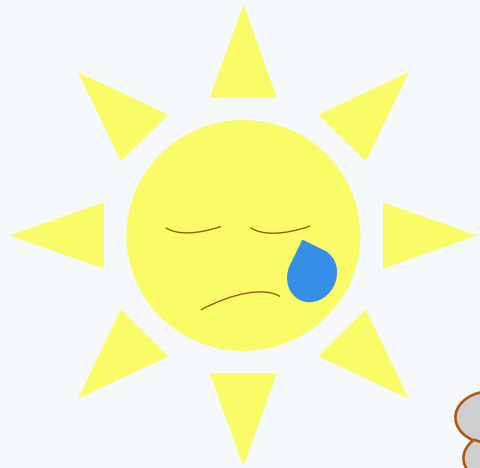
By Matilin Rigsby

We all want to
be happy,
but sometimes
that is hard.

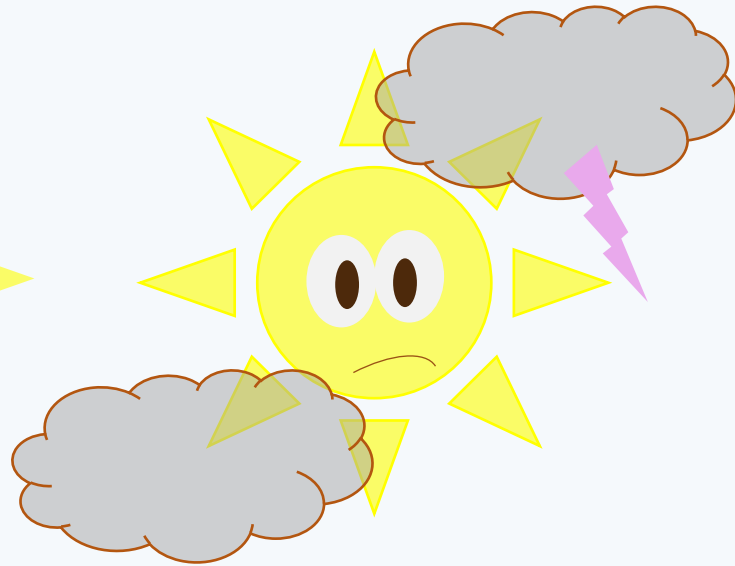


Everyone has days when they feel...

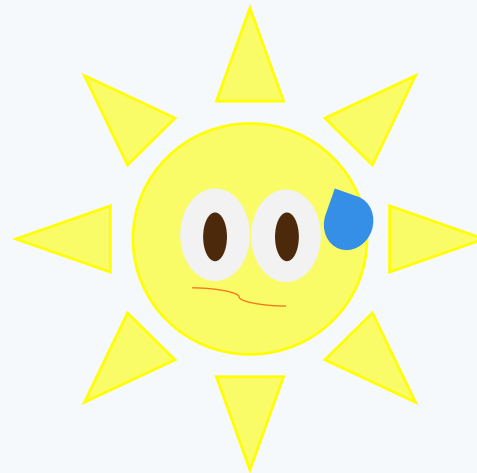
sad



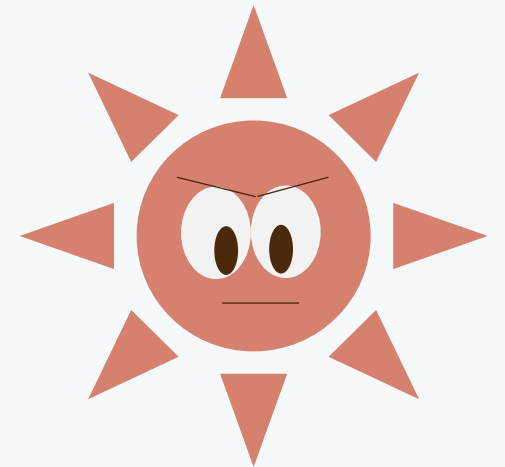
stressed



anxious

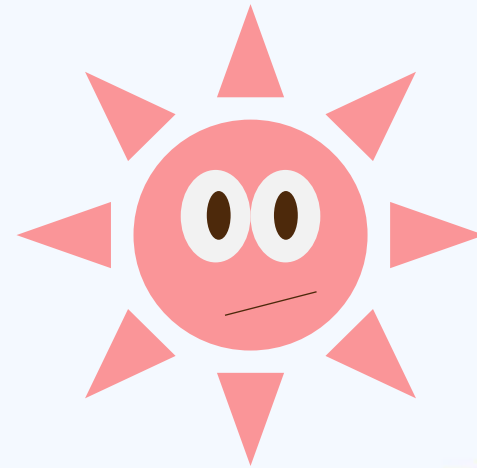
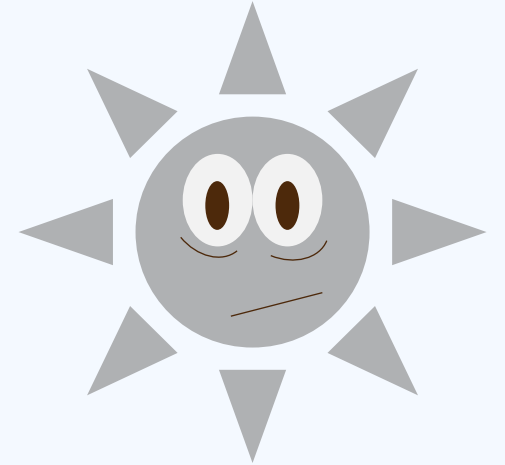
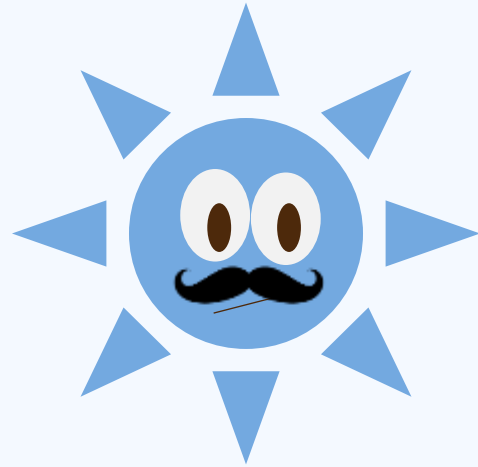


angry



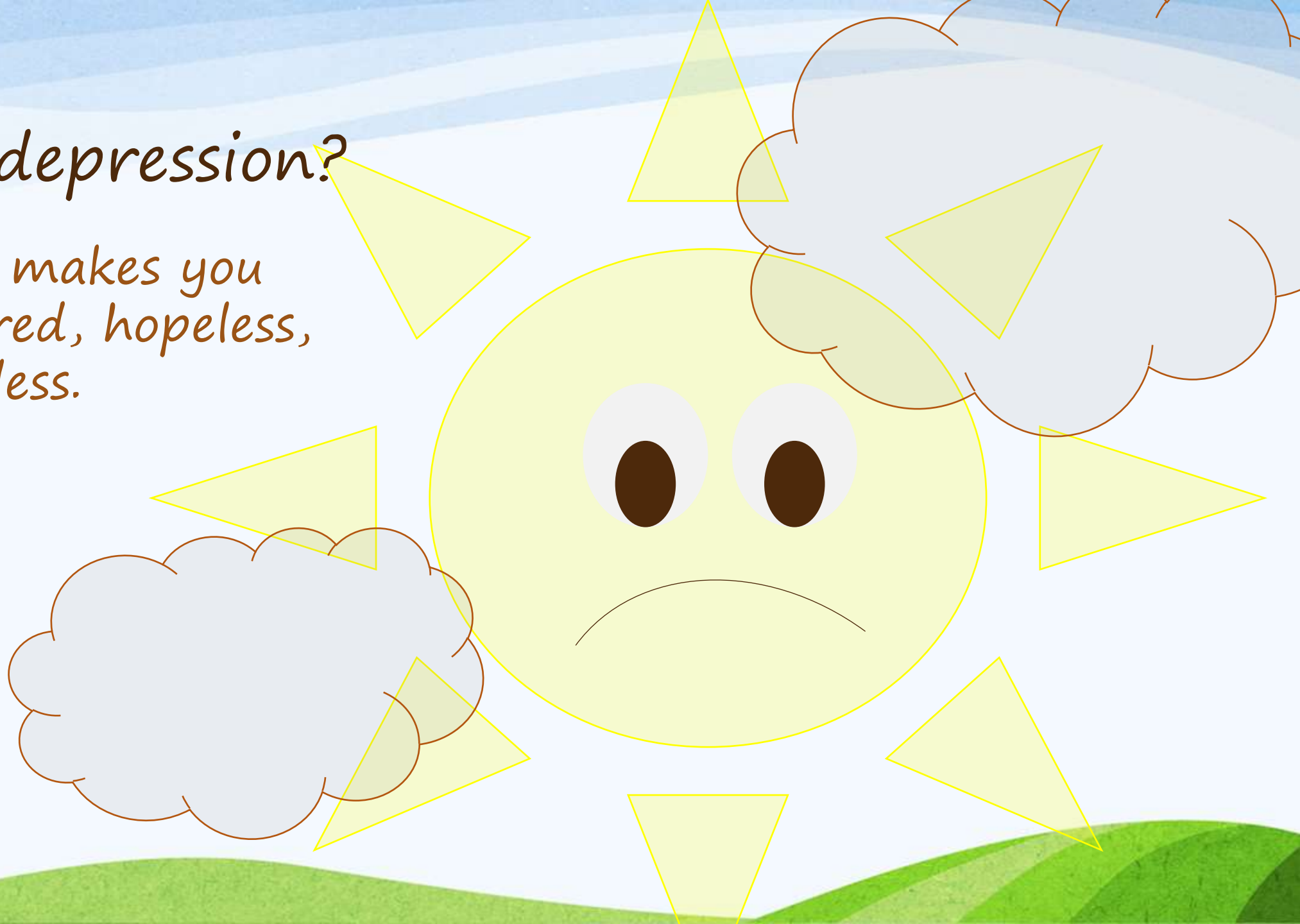
Anyone can struggle with mental health.

- Boys
- Girls
- Young
- Old
- Rich
- Poor



What is depression?

Depression makes you feel sad, tired, hopeless, and worthless.



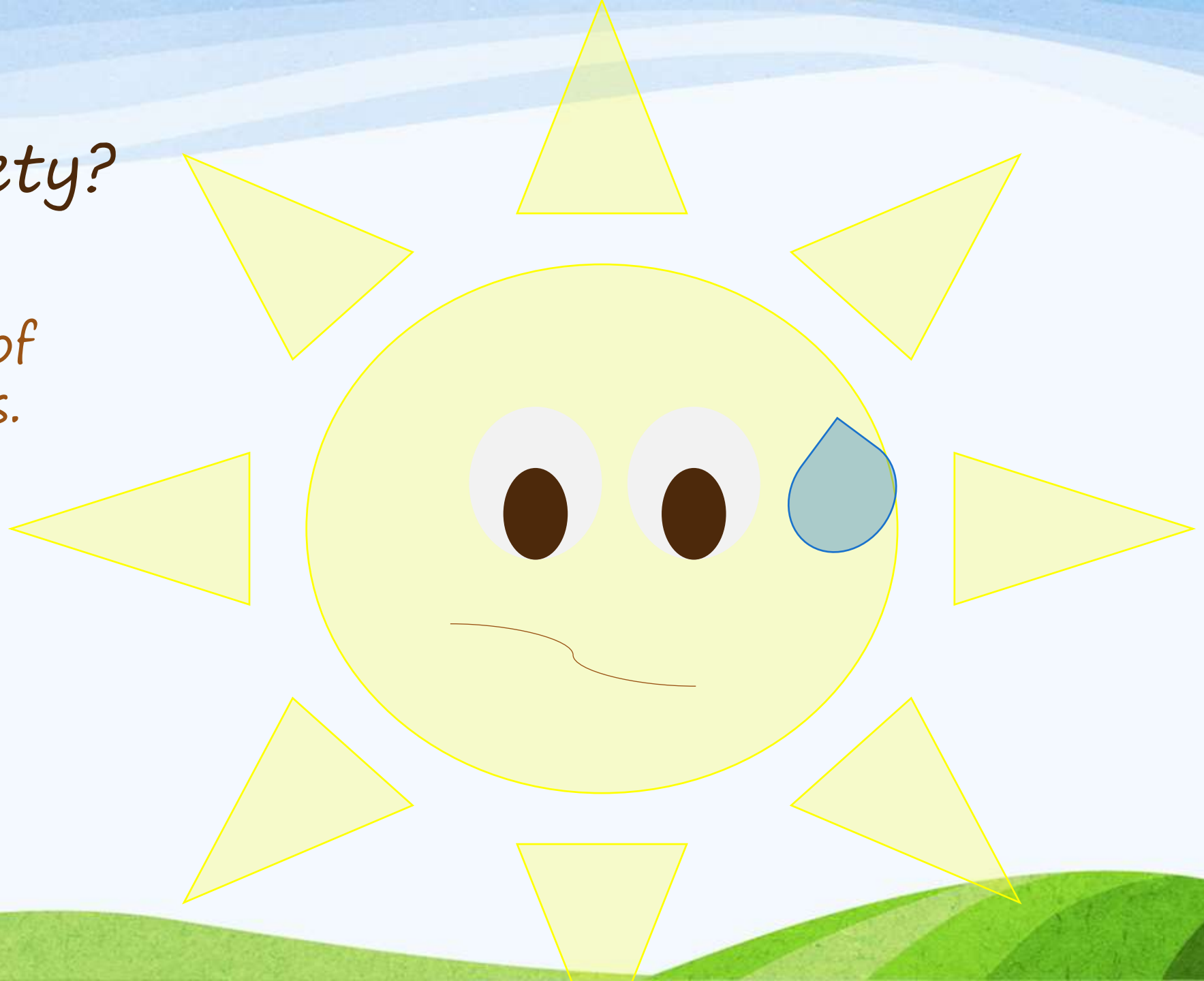
What does depression feel like?

- Depression makes you feel lonely.
- You cry instead of smile.
- Some days, it is hard to leave your bed



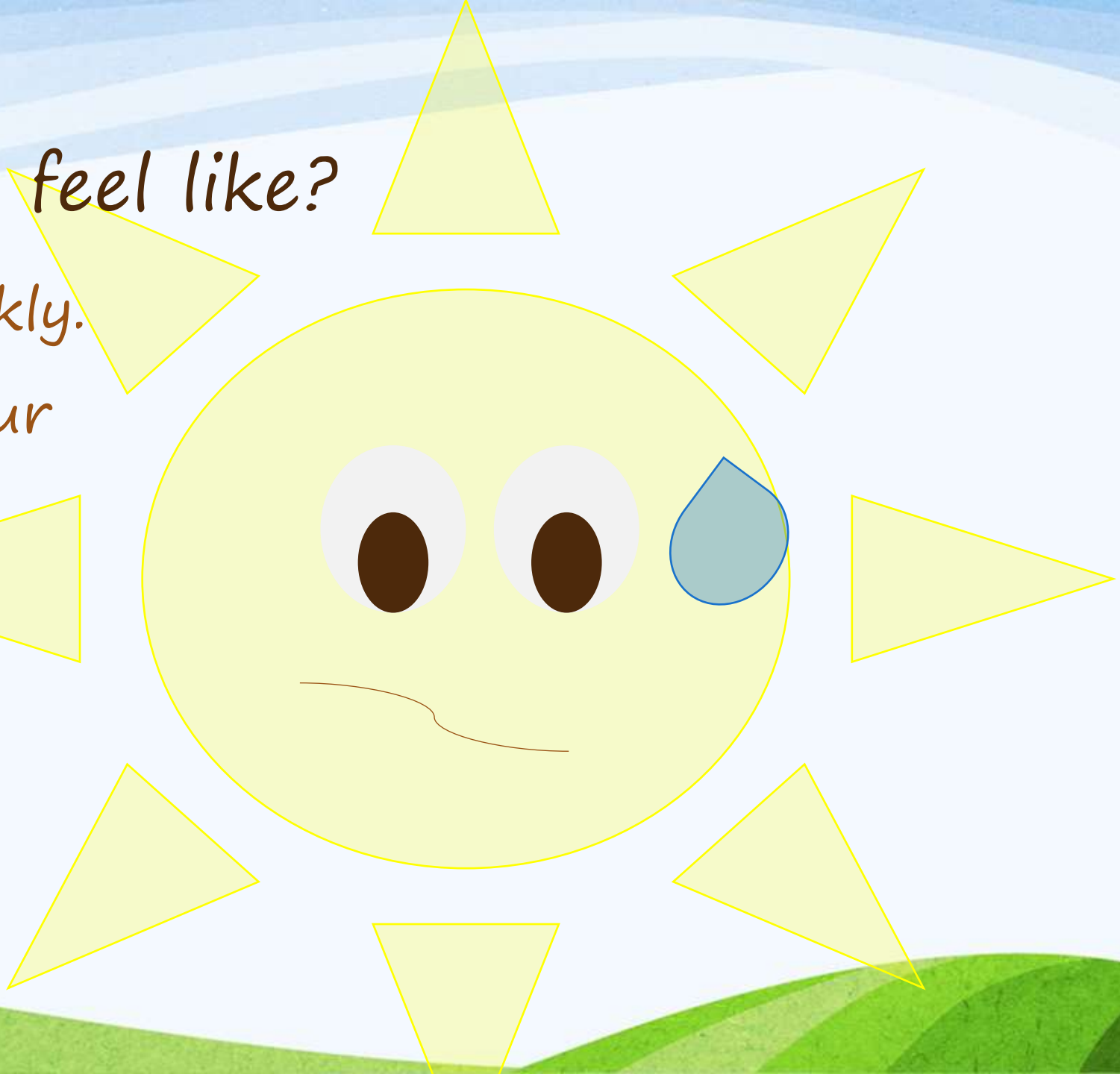
What is anxiety?

- Anxiety is a strong feeling of worry or stress.



What does anxiety feel like?

- Your heart beats quickly.
- It is hard to catch your breath.
- Sometimes your body shakes or sweats.



Why Are You Feeling This Way?

War

Sickness

Hunger

Death

Bullying

Rape

When you feel sad and anxious, you may not get enough...

- Food



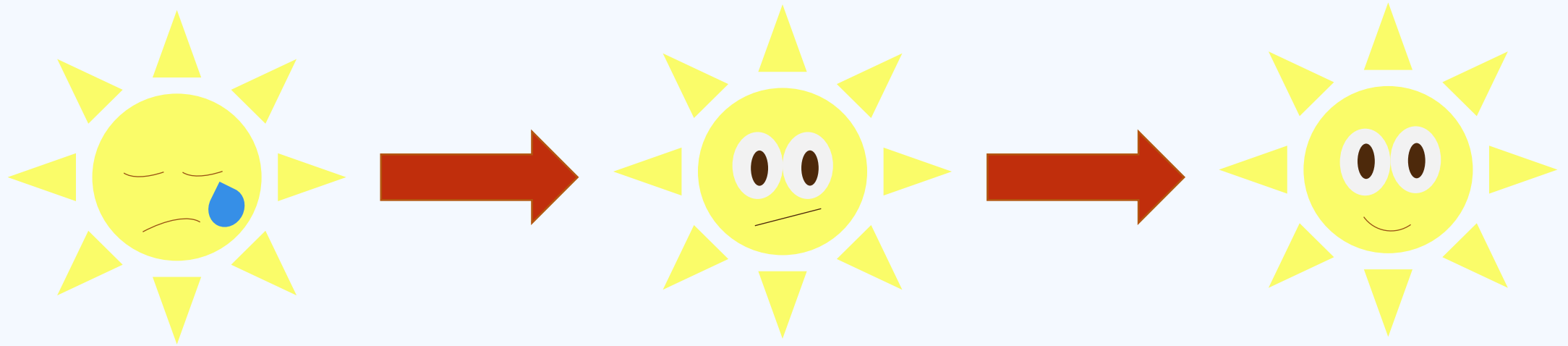
- Exercise



- Sleep



*At worst, you may feel like
being alive is too hard...*



...BUT YOU CAN BE HAPPY AGAIN!

If you are thinking about hurting yourself or someone else, you must get help.



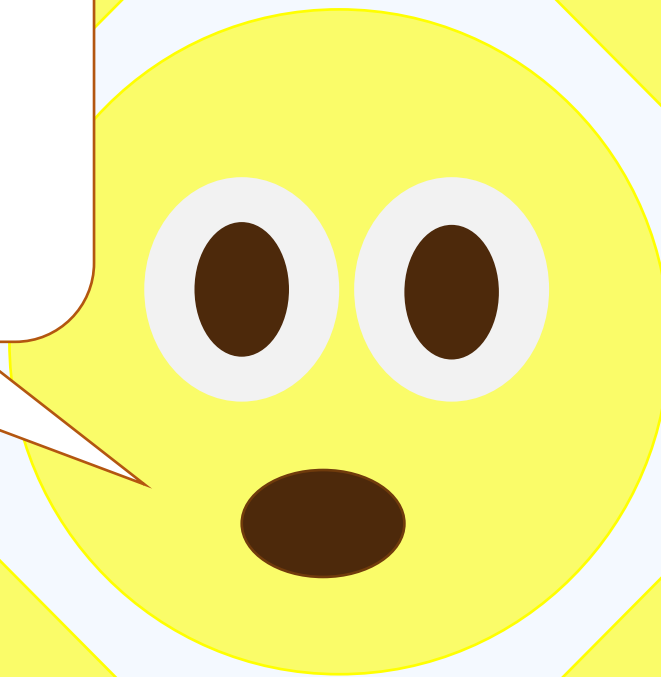
SELF-HARM



VIOLENCE

If you are feeling this way, tell a friend,
family member, or doctor.

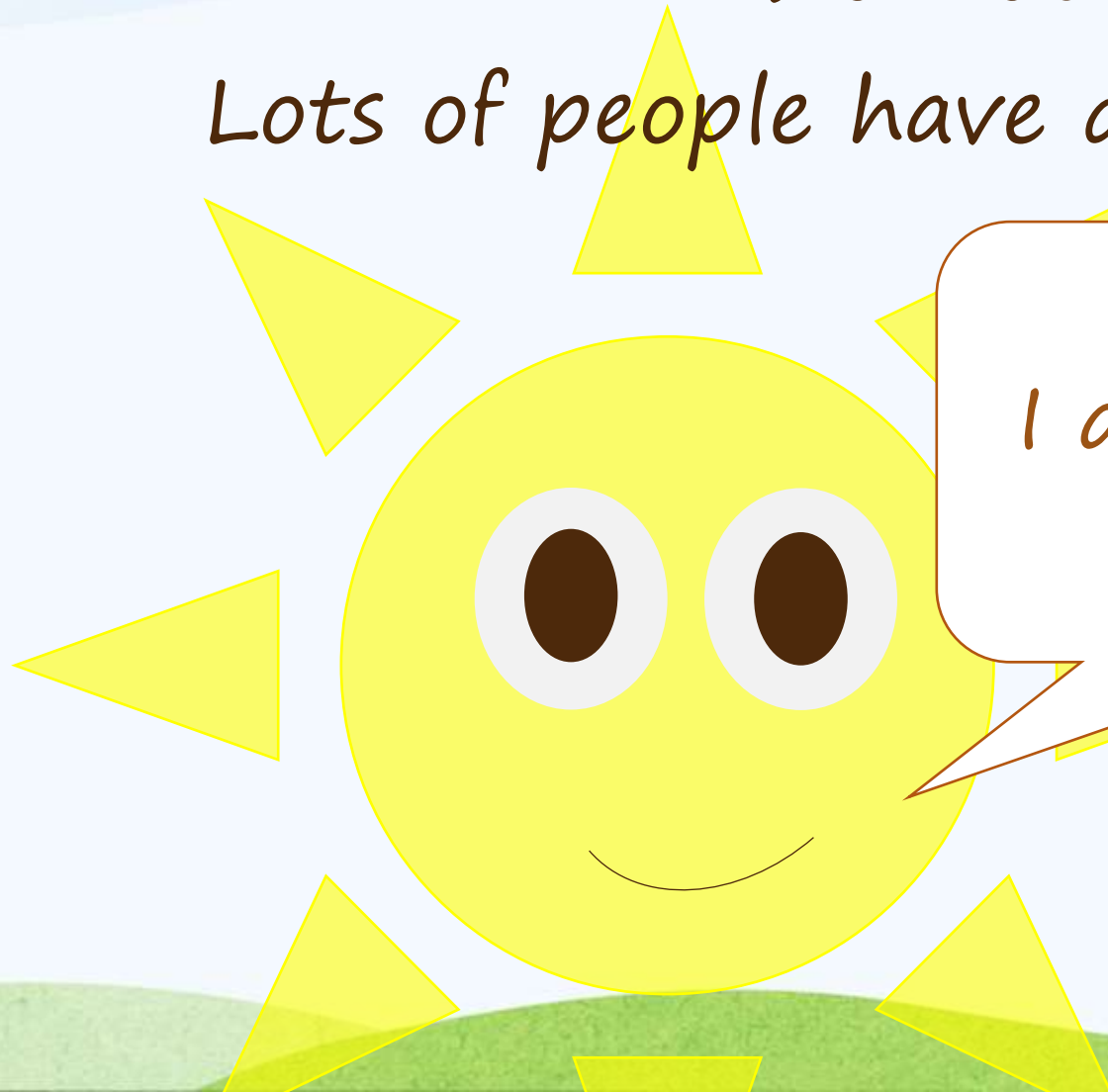
I have been
feeling down
lately.



It may be scary to say how you feel.

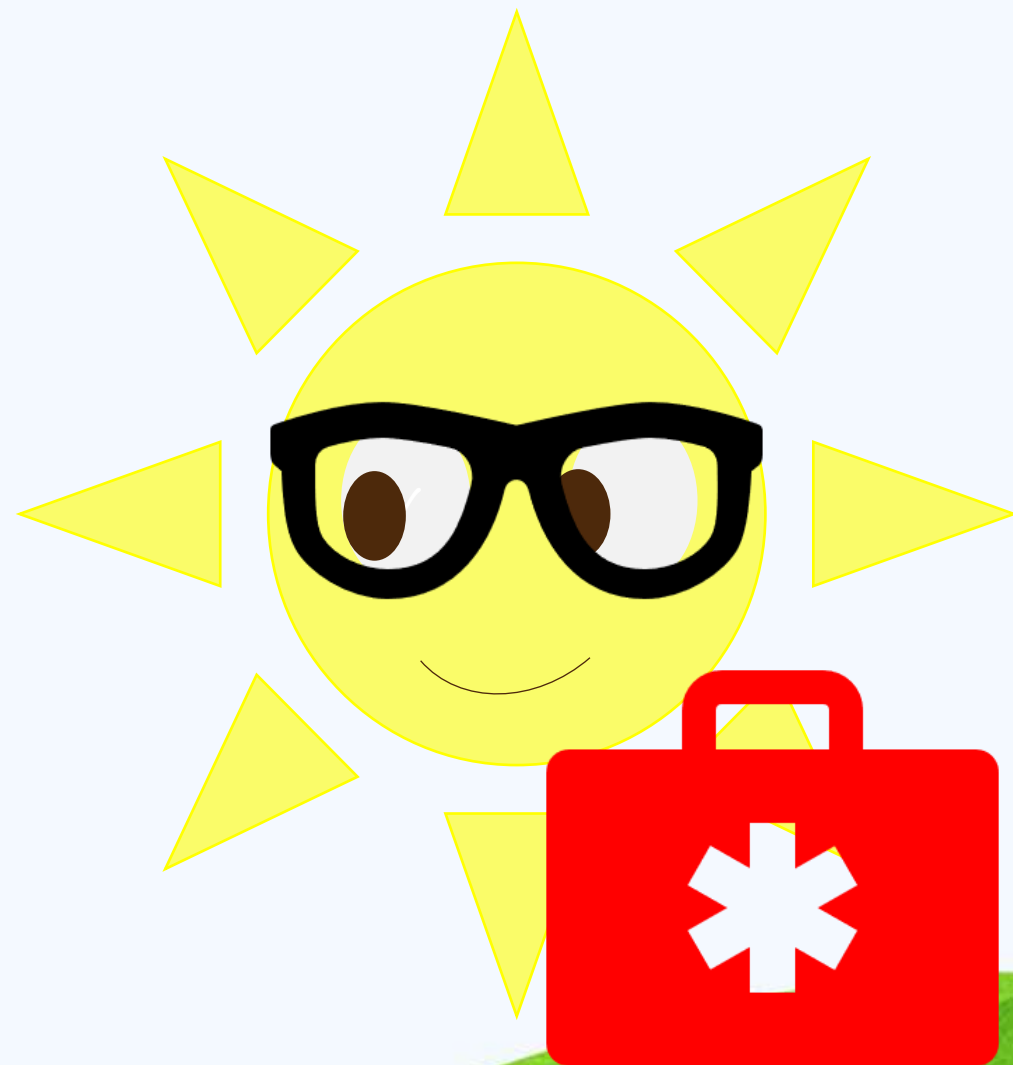
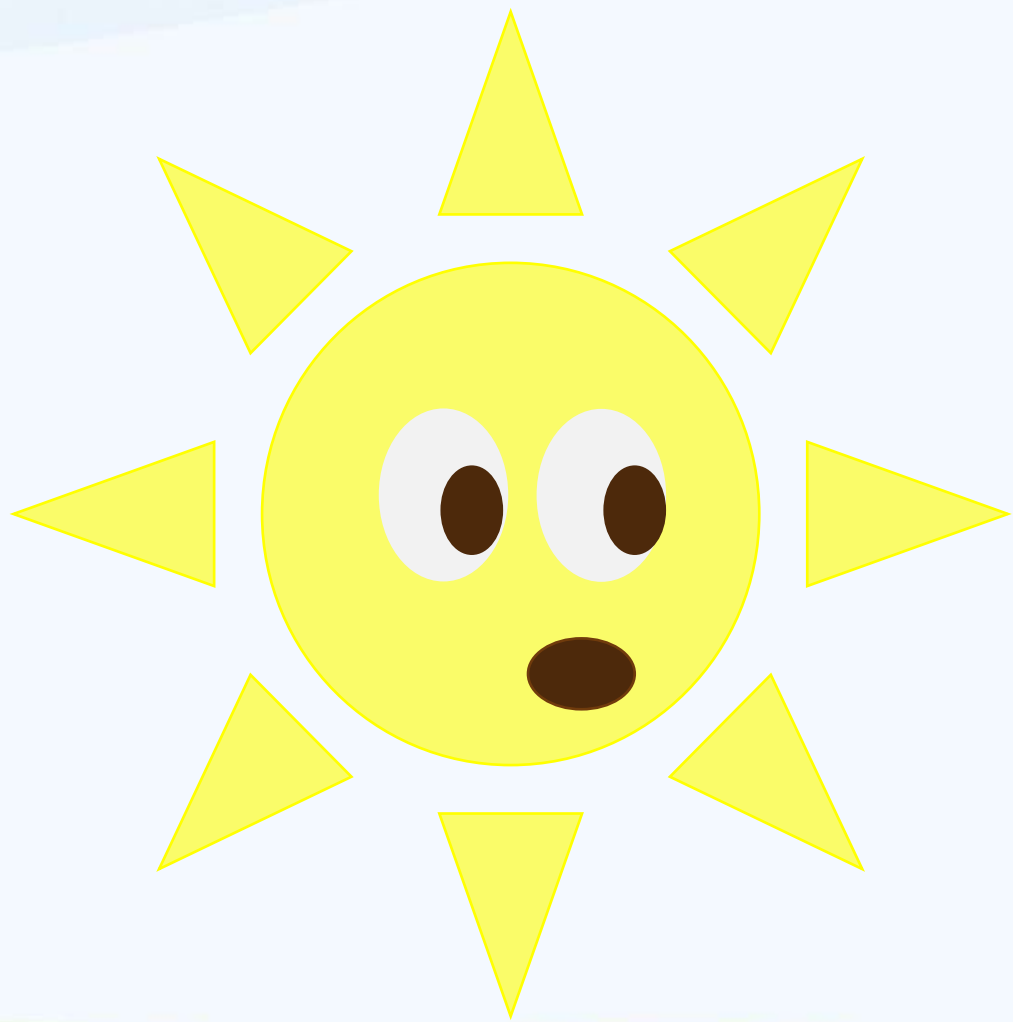
Do not be afraid.

Lots of people have depression and anxiety.



I am not afraid.

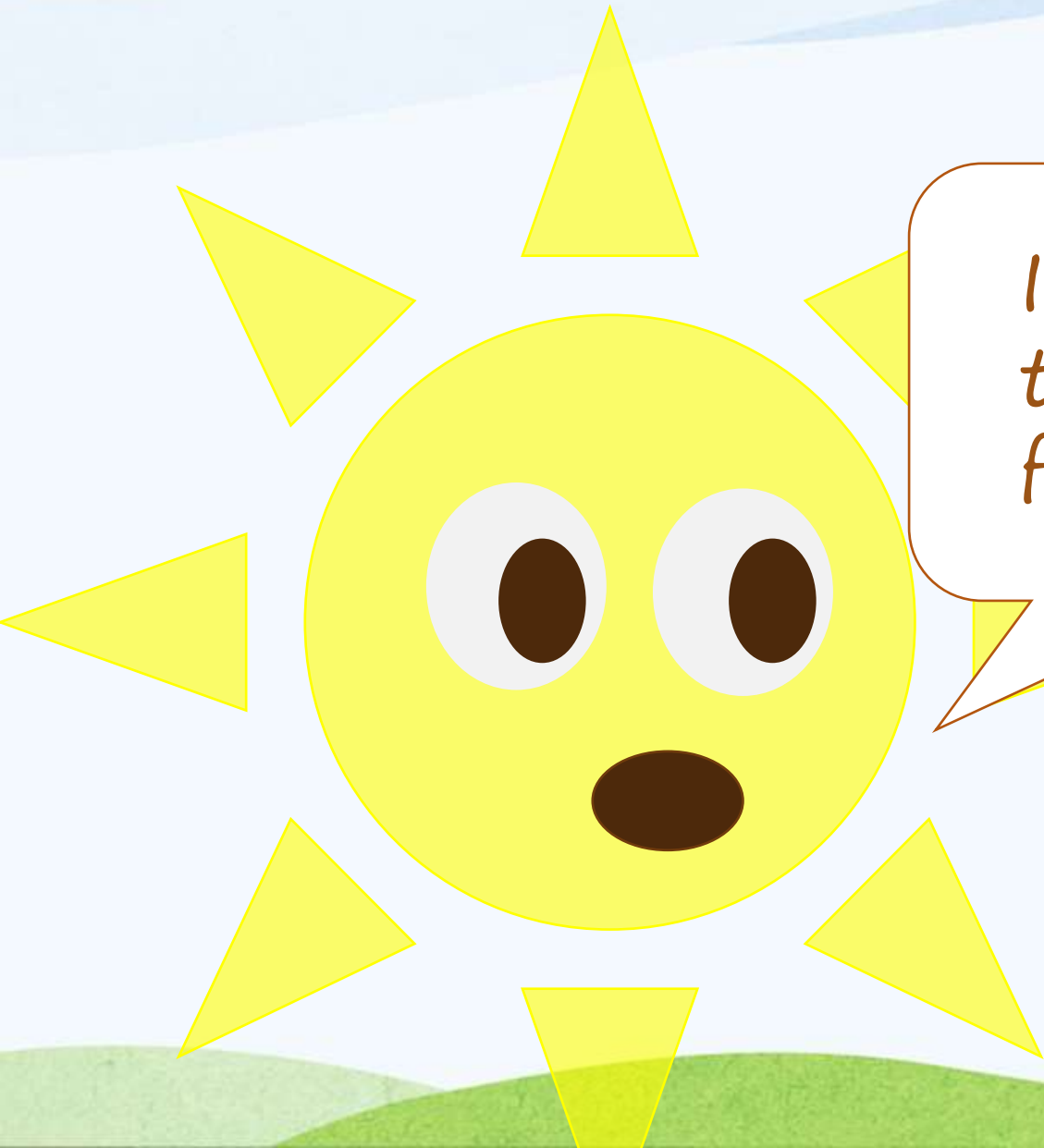
If you can, talk to a doctor.



The doctor will ask you questions about your emotions and health.

How long have you felt this way?

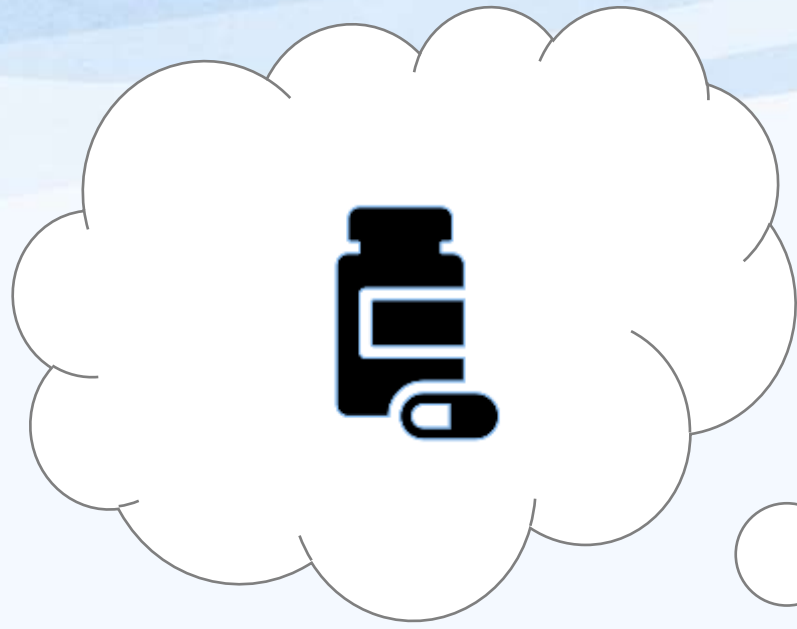




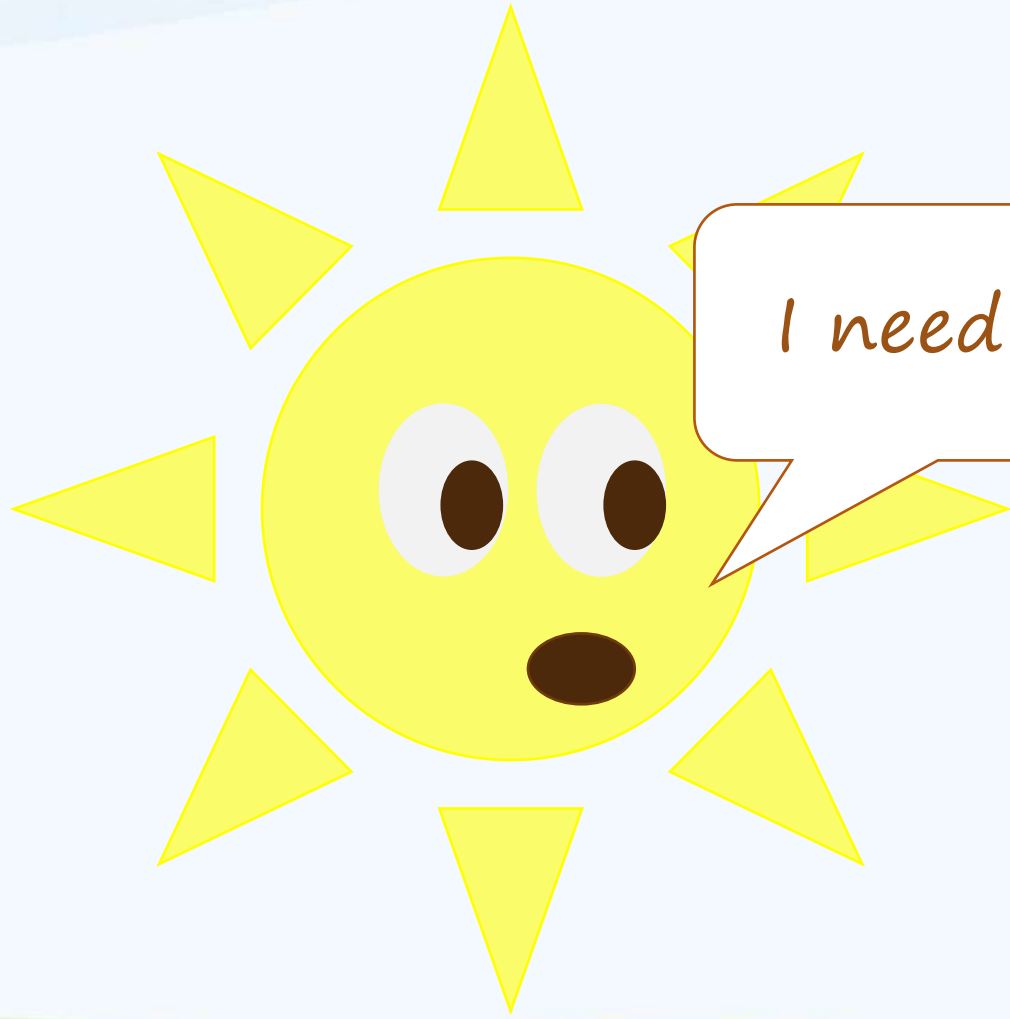
I have felt
tired and sad
for weeks.

Do not be afraid.
Tell the truth so you
can be helped.

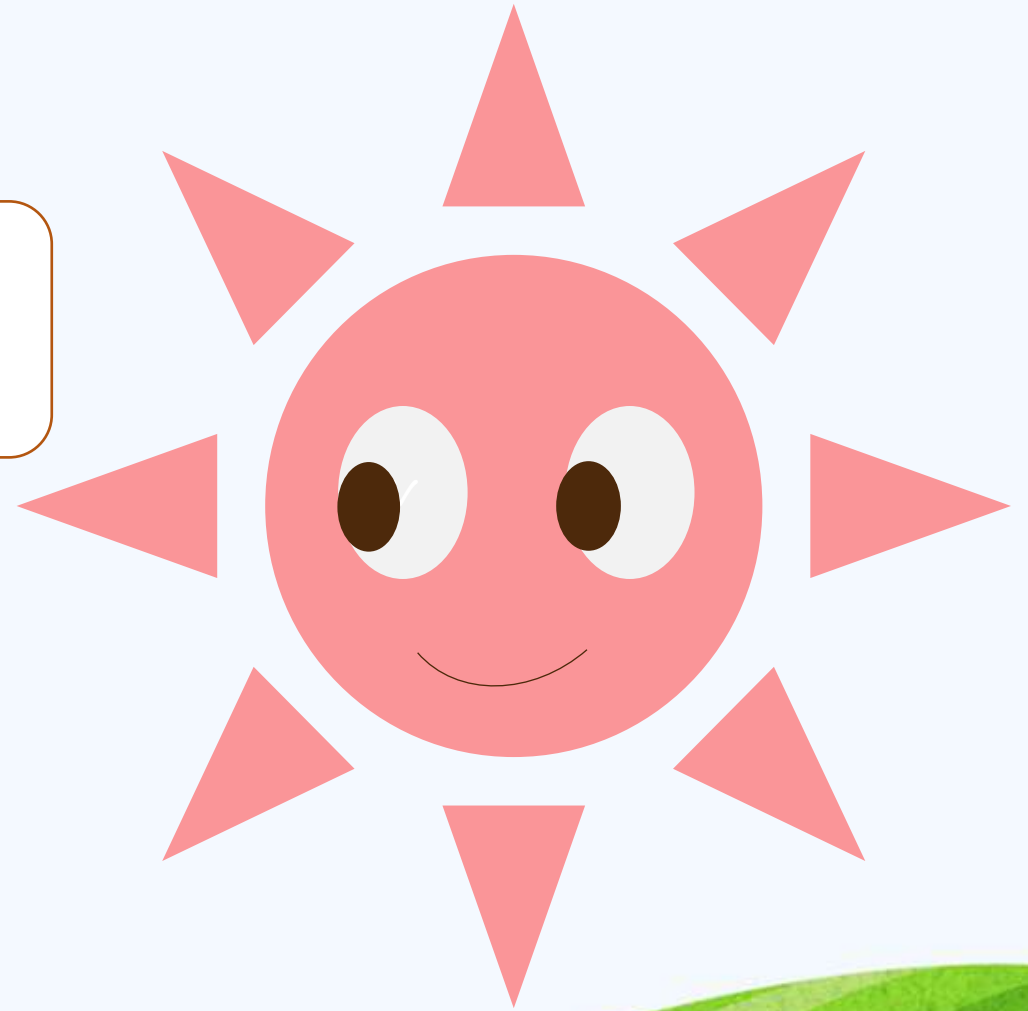
*The doctor might
give you medicine
or therapy.*



If you cannot see a doctor, there are other ways to feel better. Talk to someone you trust.

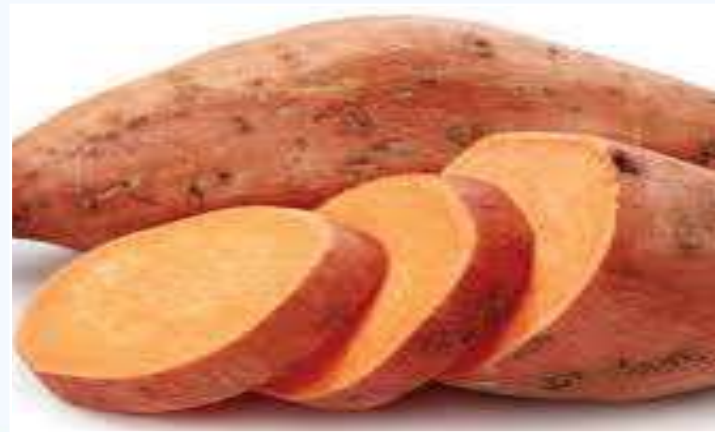


I need help.



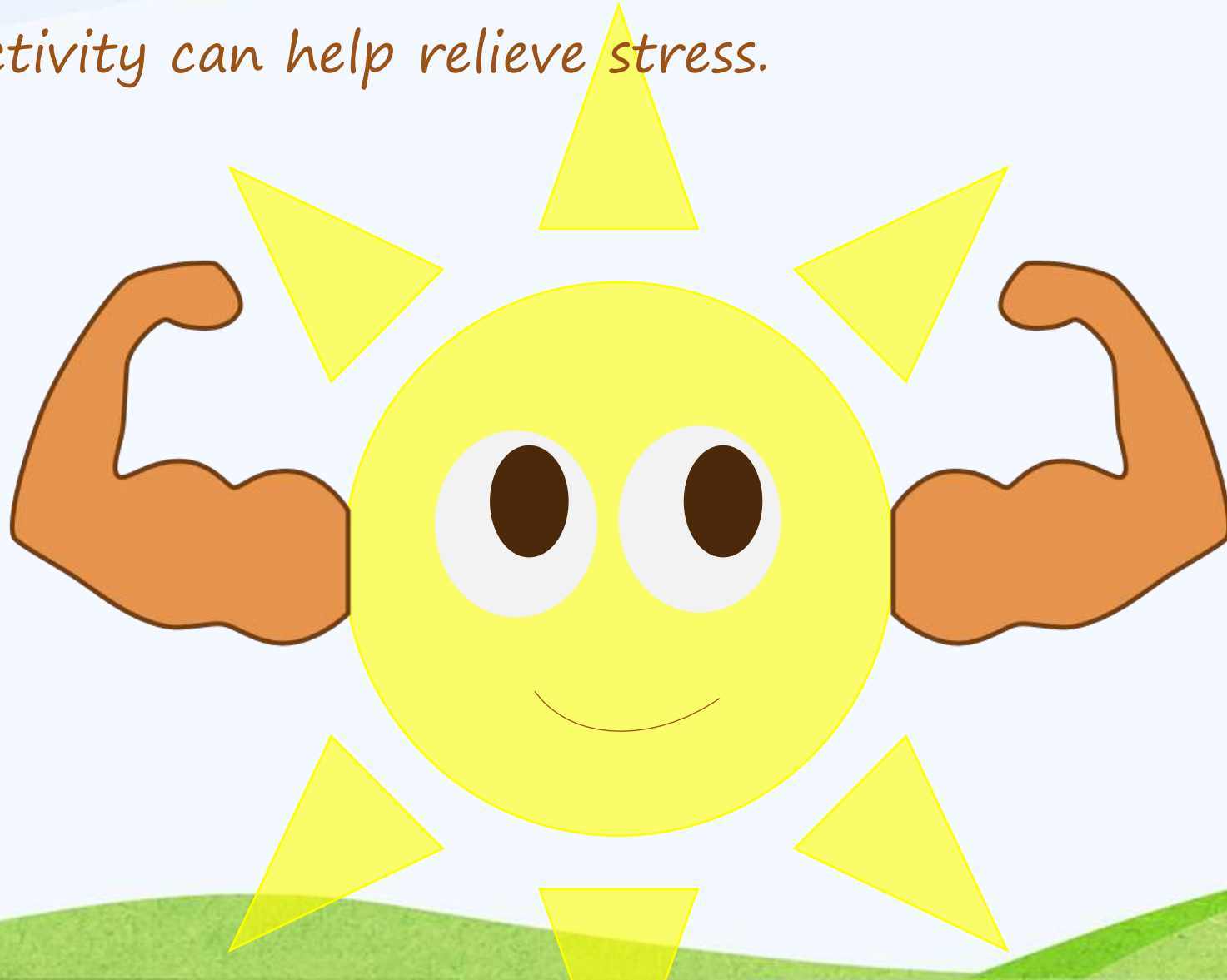
Eat a healthy diet

Nutrition helps your body and mind feel better.

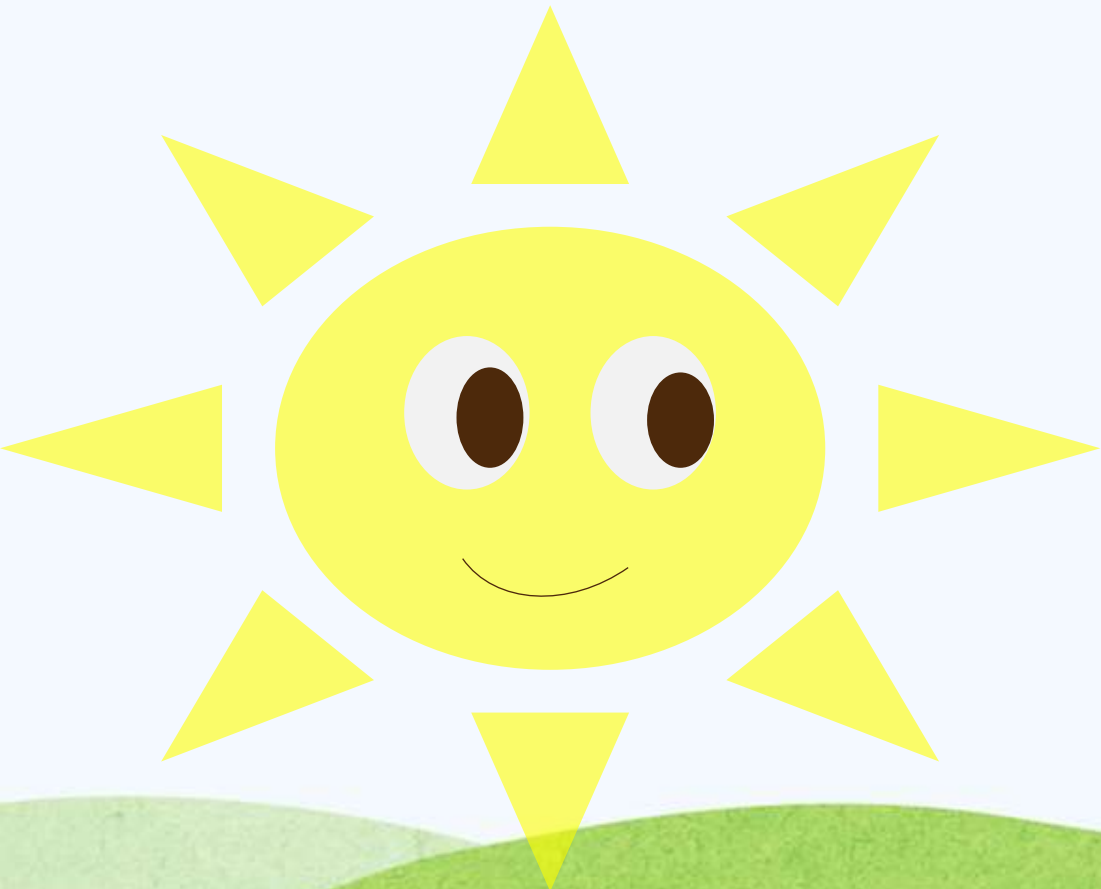


Exercise

- Physical activity can help relieve stress.

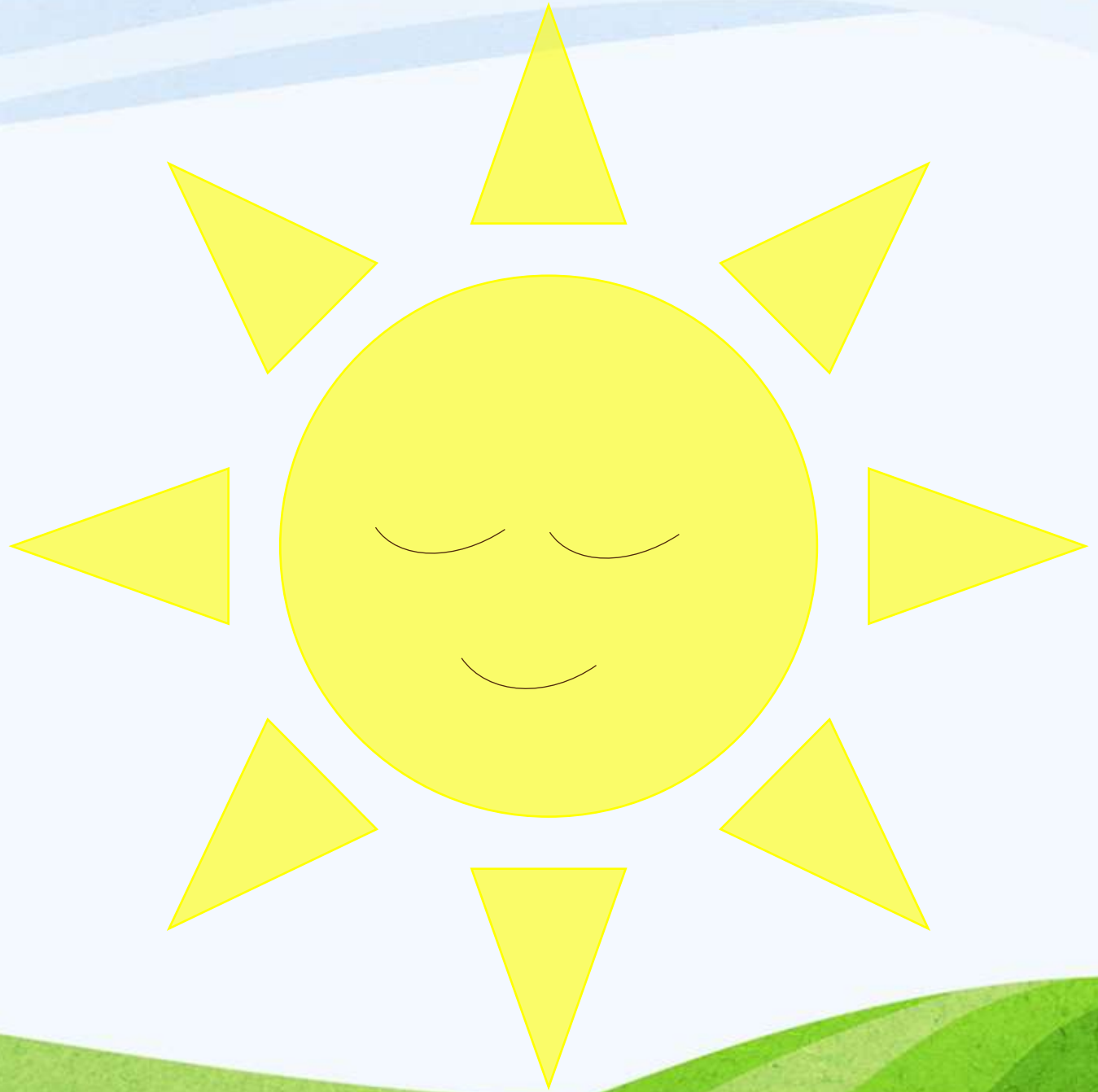


Seek spiritual help in church



Meditate

- Take a break, relax, sit, close your eyes, and focus on your breathing.



Tell yourself something positive.

I am good enough.

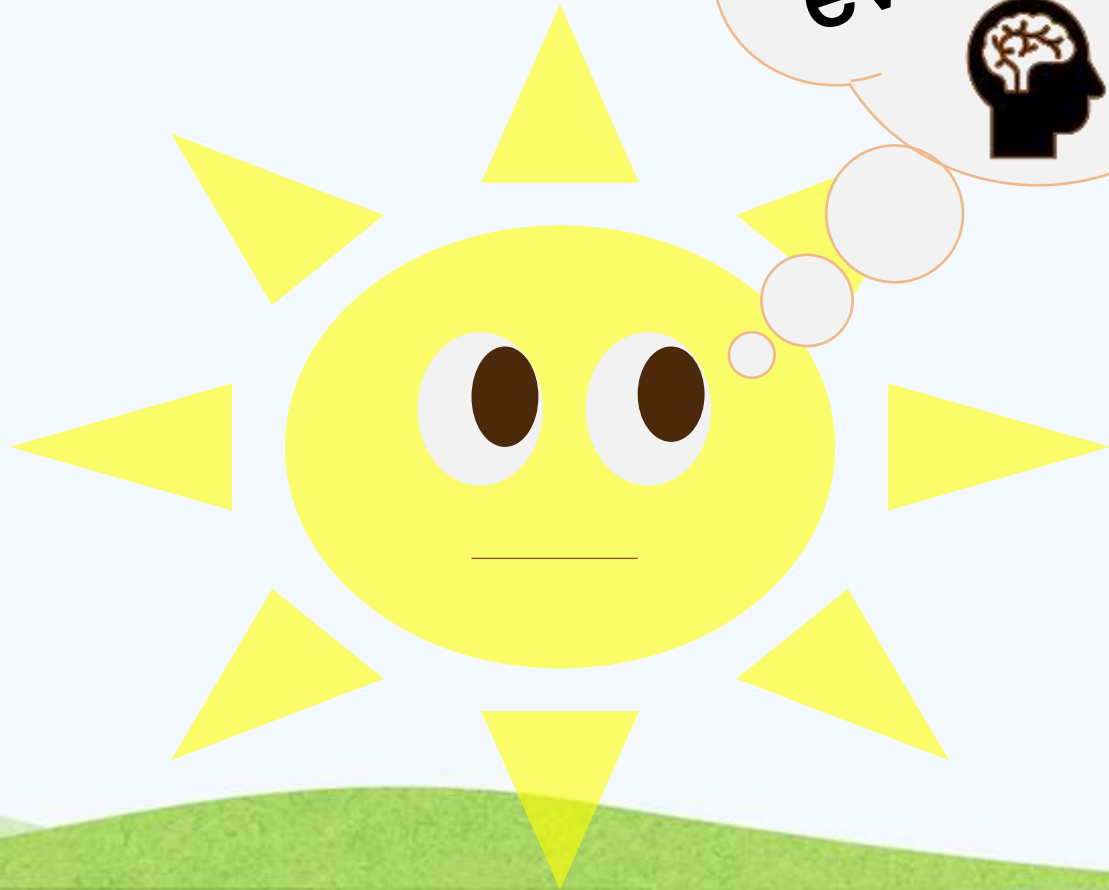
I am beautiful.

My life matters.

I am smart.



There is a reason for your feelings.



Know what makes you upset so you can avoid it.



There is not always an easy cure.

That is okay.

Do not give up.

Healing takes time.

A cartoon sun with a sad face, featuring large white eyes with black pupils and a small, downturned mouth. The sun is yellow with several yellow triangular rays. A thought bubble is connected to the sun by three small circles. The background consists of light blue wavy lines representing the sky and green rolling hills at the bottom.

*What did I do
to deserve this?*

*Struggling with mental
health does not mean you
did something wrong.*

Do not blame yourself.

A cartoon sun with a yellow face and rays, looking surprised with wide eyes and an open mouth. A speech bubble points to the sun's mouth.

*It is not
my fault.*

God is *NOT* trying to punish you!



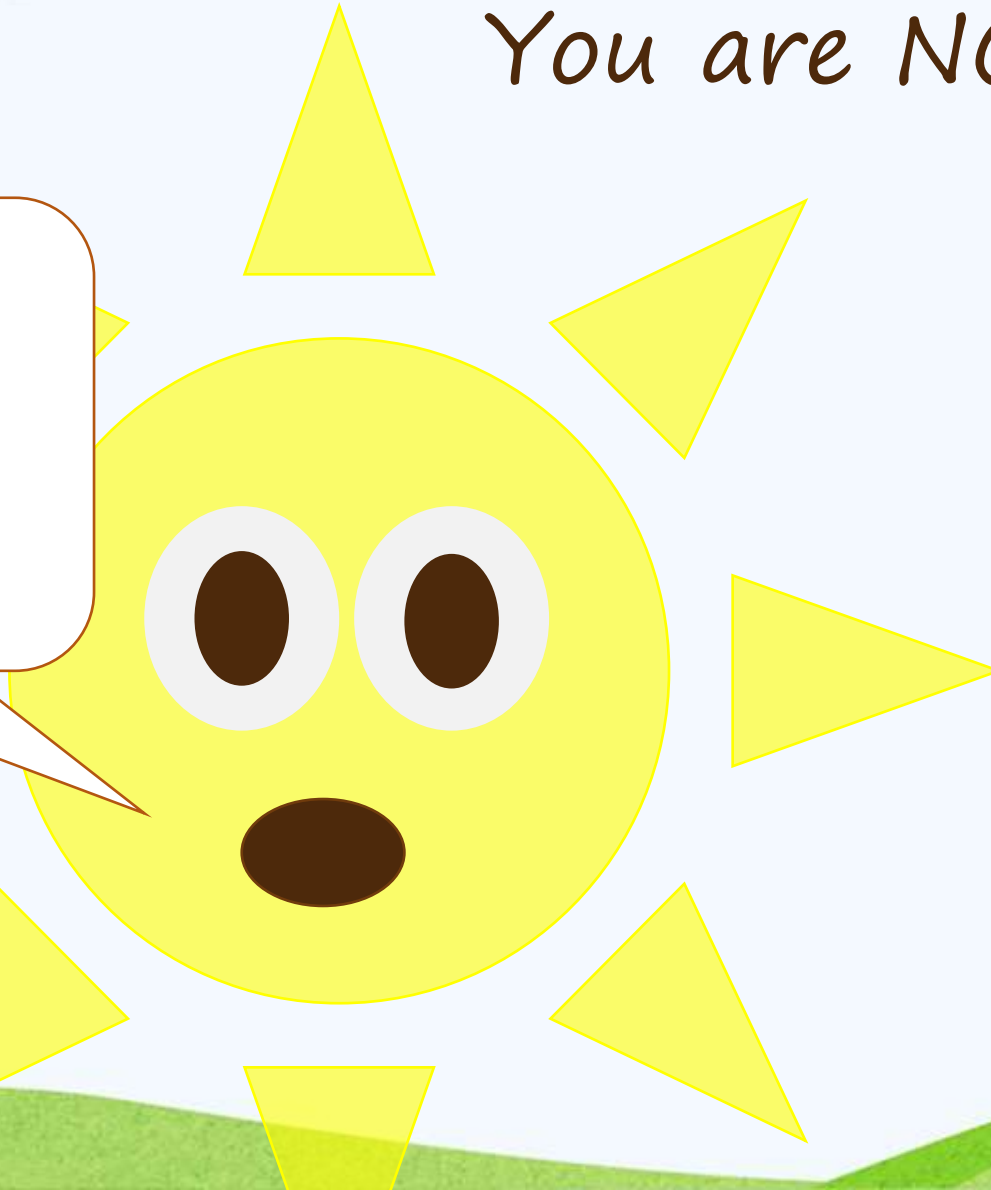
CURSED



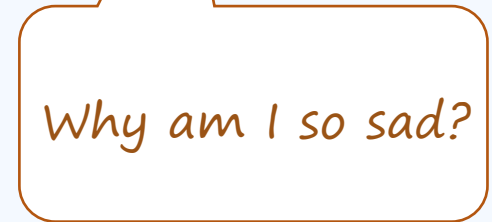
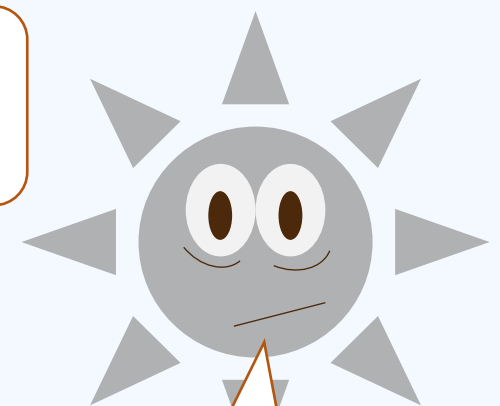
DEMONS

You are NOT a failure.

*I will get
better.*



Anxiety and depression are common.





You are not crazy.

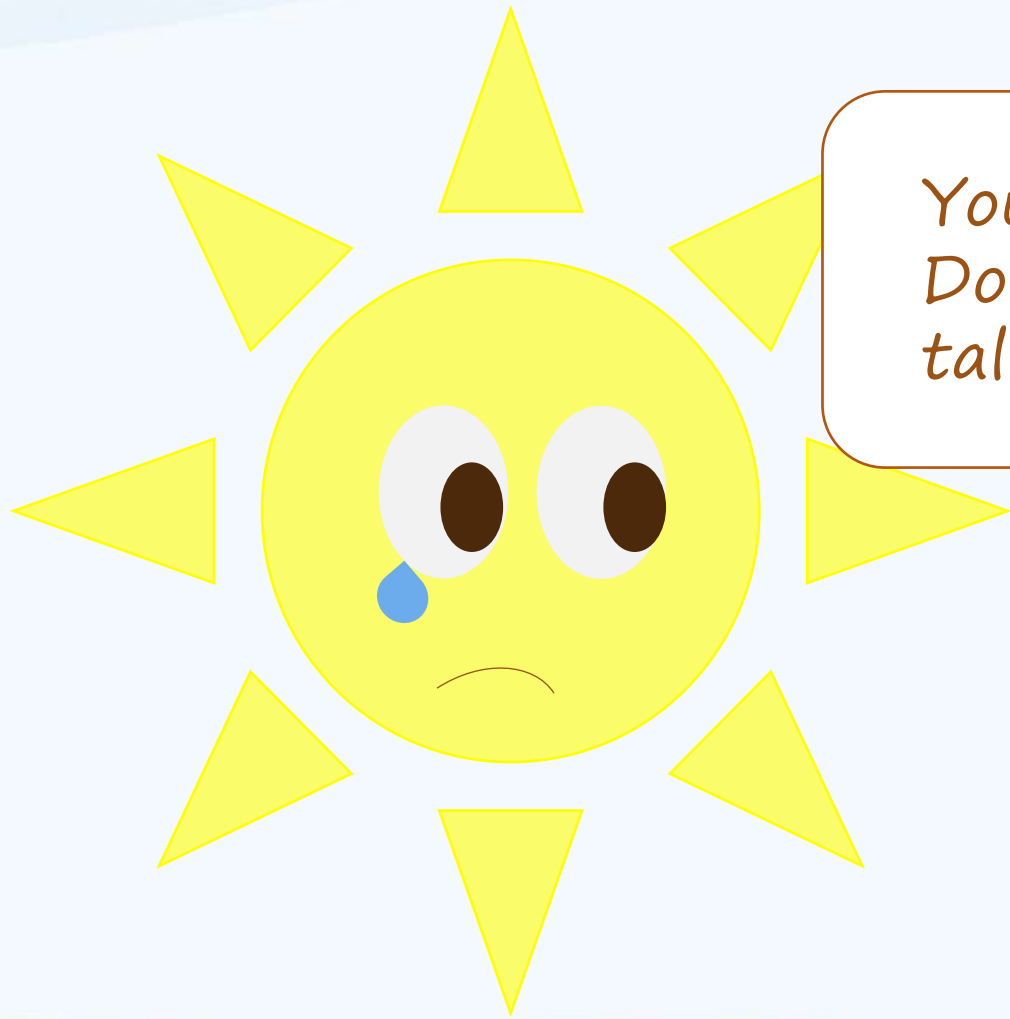
You are strong.

You are not broken.

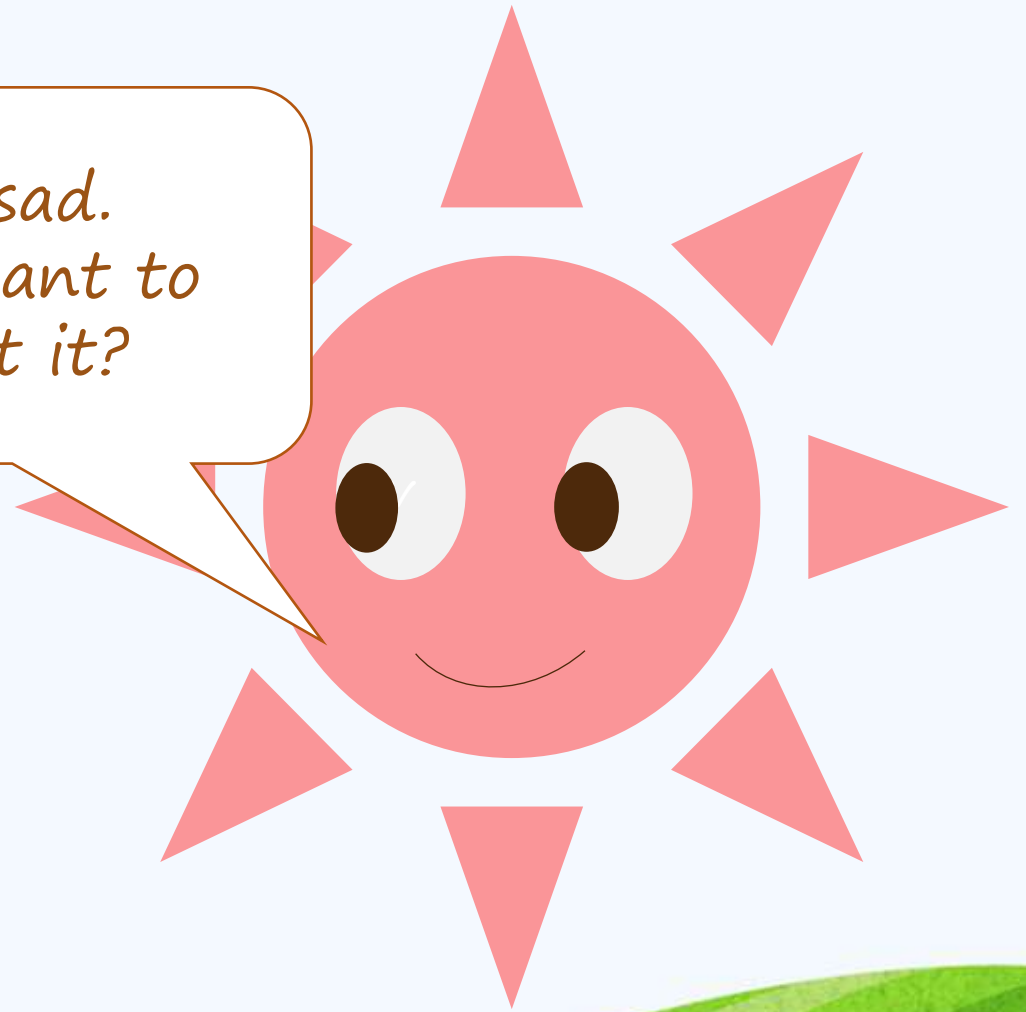
It is okay to cry.

*You are not
overreacting.*

Be kind to those who have depression or anxiety.



*You look sad.
Do you want to
talk about it?*





Remember:

- You are normal.
- You are important.
- You are not alone.

References

- Shah, A., Wheeler, L., Sessions, K., Kuule, Y., Agaba, E., & Merry, S. P. (2017). Community perceptions of mental illness in rural Uganda: An analysis of existing challenges facing the Bwindi Mental Health Programme. *African Journal of Primary Health Care & Family Medicine*, 9(1), e1–e9.
<https://doi.org/10.4102/phcfm.v9i1.1404>

YouLearn Educational Series provides the community based healthcare worker with educational materials for teaching the reader with low literacy; developed in cooperation with Texas A&M University School of Public Health, PHLT303, class 2020.

For additional information on healthcare booklets, please contact: info@youlearnacademies.org – a leader in educational materials for the rural poor since 2014. <https://www.youlearnacademies.org>

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