**How To Reduce Depressive Symptoms...**

When people experience very frightening events, sometimes their behavior changes in quiet ways. They may become less active and less interested in the things they usually like. They may become quiet and spend more time by themselves. They may become less interested in being or spending time with other teens or with their family, and they may not feel like talking to anyone about how they are feeling, what they are thinking or what they are doing.

When you feel this way try to take these steps:

**Keep doing your normal everyday activities** like going to school and attending after-school activities.

**Do not spend too much time by yourself** or just sitting around. Don’t watch more TV than usual, sleep more than usual, or spend lots of time alone. Sometimes teens spend time by themselves so that they don’t get upset by things that remind them of the event.

**Try doing something physical.** Do something outside like playing sports, going for a walk, or riding a bike.

**If you feel uncomfortable in groups,** do something with a close friend or family member.

**Talk to your parents or a good friend** about what is happening in school or other activities you are involved in.

**If you are having upsetting thoughts, feelings, or pictures in your mind** about what happened and want to get away, remember to tell someone you trust.