

Affirmations to Break Stigmas and Boost Well-Being

Words and thoughts can affect our mental health in many ways, so how we “talk” to ourselves matters. Changing negative thinking styles to be more positive and hopeful can help kids and teens cope with depression. By encouraging positive thinking and practicing affirmations, we can build new coping skills while also promoting resiliency. Use these affirmations in your weekly routine to help challenge stigmas and boost mental wellness.

■ **Depression is a real and serious condition.**

The medical community has acknowledged the seriousness of depression and recognizes it as a disease. It can have both emotional and physical symptoms and make life very difficult for those who have it. Although we are not completely certain what causes depression, we know that genetic and biological factors play a significant role.

■ **Depression is not a sign of weakness or laziness.**

It can affect anyone including professional athletes, musicians, actors, lawyers, executives, writers, teachers, people in the military and even children. Being depressed has nothing to do with personal failure. Some of the strongest people are people who have coped with depression in their lives.

■ **No one chooses to be depressed.**

Nobody chooses to have depression, just like no one chooses to have any other health condition. People with depression cannot just “snap out of” their depression any more than someone with diabetes can will away their insulin/sugar issues.

■ **Having a mental disorder doesn’t mean you’re “crazy.”**

It means is that there is an illness that is affecting your brain and you are likely less in control of how you want to live your life.

■ **It takes strength to fight depression.**

If someone is depressed, it takes tremendous courage to talk about it and get help. Increasing our acceptance of and showing encouragement to those who take this step can go a long way.

■ **Depression is treatable.**

There are many effective treatment options that can meet your needs. There is hope you can overcome depression.

If you are a child or teenager and you think you might be depressed, ask your parent to schedule an appointment with your primary care doctor or a therapist. If a parent or family member can’t help, turn to your school counselor, school nurse, or other trusted adult. If you need support, call our 24/7 Kids & Teens Helpline at 904.202.7900 or text LIFE to 741741. If there is an immediate safety concern, call 911 or go to the nearest emergency room.



Affirmation Cards to Break Stigmas and Boost Well-Being

Depression is a real and serious condition.

Depression is not a sign of weakness or laziness.

I did not choose to be depressed and how I feel MATTERS.

Having a mental disorder does not mean I am “crazy.”

**It takes strength to fight depression.
I AM STRONG!**

Depression is treatable and I will overcome it.

People care about me and want me to succeed.

I love and accept myself.

Affirmation Cards to Break Stigmas and Boost Well-Being

I am doing my best.

I get better every day.

**I have something
important to
offer this world.**

The future is good.

**I can do anything with a
calm and focused mind.**

**My bad emotions are
not who I am.
I AM GOOD!**

**Everyone makes mistakes
and I will keep trying.**

**I am learning and
growing every day.**