

YOUR FREE GUIDE TO WELLNESS

Not sure if what you're feeling is depression or something else? These common symptoms of depression may surprise you. Plus **4 coping strategies** you can do right now to find your light!

The Firefly team has your back



Depression

SYMPTOMS

Feeling depressed?

- ☐ Feeling sad
- ☐ Tearful
- ☐ Hopeless or emptiness
- ☐ Loss of interest in activities that you used to enjoy
- ☐ Sleep disturbances

- ☐ Low energy
- ☐ Changes in appetite
- ☐ Irritability
- ☐ Feelings of worthlessness
- ☐ Trouble thinking or concentrating





Try these coping strategies

ACTION STEPS

1 **Seek Support and Stay Connected**

with support people such as family and friends.

2 **Engage in Joyful Activities**

such as previously established hobbies and interests.

3 **Maintain a Routine**

Prioritize consistent sleep, meals and physical activity.

4 **Cognitive Behavioral Therapy Techniques**

An evidence-based practice proven to reduce depression symptoms that Firefly therapists are experts at navigating you through.

About THE FIREFLY TEAM

Firefly Counseling Commons was started with the desire to provide a safe, virtual space where clients can have access to expert therapists on their own time and in the comfort of their own personal space.

Our therapists have decades of experience serving individuals, couples and families that have faced a variety of mental health challenges and have walked with them on their difficult journey toward healing and positive change.

We have a passion for overall wellness and believe that therapy can be a stepping stone on your wellness journey!



READY TO FIND
YOUR LIGHT?

SCHEDULE A CALL



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