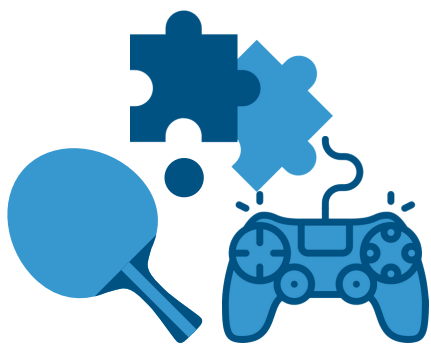


WAYS CHILDREN'S SADNESS SHOWS UP



DC Public Schools
Parent University



PERSISTENT BOREDOM/ LOW ENERGY

While social distancing has increased levels of boredom in teens, this coupled with noticeably different displays of fatigue or low energy may indicate a depressed mood.



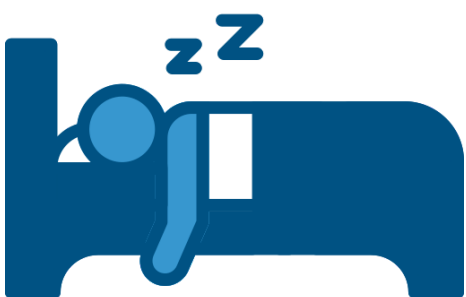
INCREASED IRRITABILITY, ANGER, OR HOSTILITY

Irritability and hostility is a common mask for deeper emotions of shame, guilt and loss.



MAJOR CHANGES IN EATING HABITS

Eating too much or too little can suggest significant changes in overall mood. Some children turn to food for comfort, while other lose their appetite or eat less due to low mood.

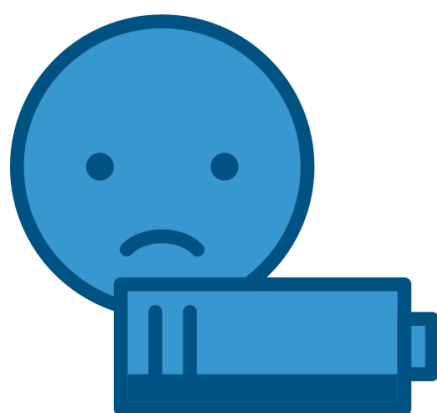


THOUGHTS OR EXPRESSIONS OF SELF- DESTRUCTIVE BEHAVIOR

Drawings or writing that depict self-harm or talk/efforts to run away is communication about what they are as children experiencing inside about themselves or in relation to others.

DECREASED INTEREST IN ACTIVITIES

Disinterest in activities that a person used to enjoy can be one of the first signs of a depressed mood.



HOPELESSNESS

Having a consistent pessimistic view of the future may be more than temperament, coupled with other behaviors on this list may indicate a depressed mood.



POOR CONCENTRATION

Children, when experiencing prolonged sadness often lose focus as they are often "in their heads" about things that went wrong or things they don't have or what they "should have done."



OVERSLEEPING

There is a strong link between mood and sleep. Changes in sleep patterns, especially oversleeping may indicate a depressed mood.



FOR ADDITIONAL SUPPORT OR QUESTIONS:
SCHOOL.MENTALHEALTH@K12.DC.GOV