

A Step-by-Step Guide for Parents to Deescalate Emotional Outbursts in Teens with Depression

- 1. Stay Calm:** It's crucial for parents to remain calm and composed during these situations. Your teen is already in distress, and adding more stress to the situation can escalate it further.
- 2. Listen:** Give your teen your full attention. Let them express themselves without interrupting. Sometimes, just being heard can be a great relief.
- 3. Validate Their Feelings:** Acknowledge and validate your teen's feelings. Let them know that it's okay to feel the way they do and that you are there to support them.
- 4. Avoid Judgement:** Refrain from judging or criticizing your teen for their emotions. Depression is a serious condition, and your teen needs your understanding, not judgment.
- 5. Encourage Open Communication:** Encourage open communication with your teen. Let them know that they can talk to you about anything without fear of judgment.
- 6. Offer Support:** Reassure your teen that you are there to support them through their struggles. Offer to help them seek professional help if needed.
- 7. Help Them Explore Coping Strategies:** Work together with your teen to explore healthy coping strategies such as deep breathing, journaling, physical exercise, or engaging in hobbies they enjoy.
- 8. Set Boundaries:** While being supportive, also set boundaries to ensure that the situation remains safe for both your teen and yourself. Establish clear guidelines for acceptable behavior during emotional episodes.
- 9. Seek Professional Help:** If your teen's depression and emotional blow-ups persist or worsen, consider seeking the help of a mental health professional. A therapist or counselor can provide the necessary support and guidance.
- 10. Practice Self-Care:** Remember to take care of yourself as well. Supporting a teen struggling with depression can be emotionally draining, so make sure to prioritize your own well-being.

