



## Worksheet – Teens with Depression and Anxiety

*Note: Content on this handout is for information only. It is not intended to provide medical or other professional advice.*

What types of problems is my teen experiencing? \_\_\_\_\_

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What is my teen eating? \_\_\_\_\_

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What new foods can I introduce into my teen's diet? \_\_\_\_\_

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Did my teen take well to the healthier foods? What happened? \_\_\_\_\_

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What supplements am I giving my teen? \_\_\_\_\_

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What happened with the supplements I tried? \_\_\_\_\_

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Has my teen started to do any mindfulness activities? \_\_\_Yes \_\_\_No

What is my teen trying? \_\_\_\_\_

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Which one(s) does my teen like to do? \_\_\_\_\_

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Has my teen tried counseling? \_\_\_Yes \_\_\_No

How did that go? \_\_\_\_\_

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What are some next steps I can take? \_\_\_\_\_

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