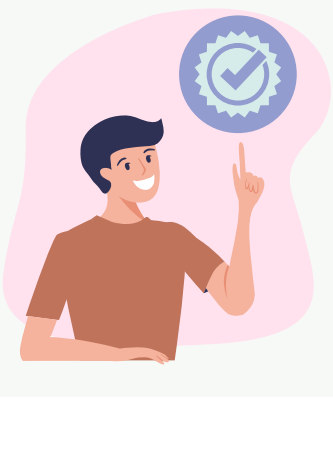
How To Deal With DEPRESSION

With the stressors and expectations we face everyday in modern life, it's understandable that a number of people are dealing with some form of anxiety or depression. And while it isn't possible to simply "snap out of it," there are measures that can help alleviate some of that heavy, emotional weight.

Find Support

Work on reaching out and finding support. Take time to talk with someone who will listen. Consider joining a support group or starting therapy to share what you're going through.



Focus on One Task at a Time

Take those things you want to accomplish step by step. You'll not only feel more productive, but you'll realize that you can handle those things that feel too hard in the moment. A sense of accomplishment, whether it's large or small, can boost your mood.

Do Things You Enjoy

Making yourself do something purely for enjoyment can improve your mood and remind you of happy memories doing the things you love. Changing the focus to self-care and fun can give you a break.

Add In Some Movement

Adding regular exercise to your daily routine can reduce depression symptoms. A simple, 30-minute walk can give you the boost you need to feel a bit better. If you can add mindfulness to your workout, you'll get double the benefits.

Challenge Negative Thoughts

When you think a negative thought, examine why you're thinking that way. When you challenge negative thinking, you can learn to balance it out with positive thoughts. Focusing on the positive can help replace negative thoughts as you work to improve your depression symptoms.

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