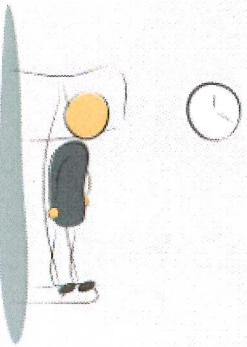
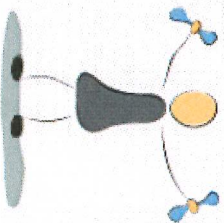


8 TIPS TO HELP DEAL WITH DEPRESSION



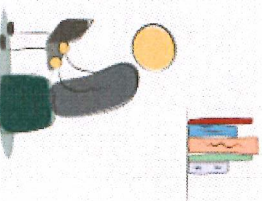
GET ENOUGH SLEEP

SLEEP DEPRIVATION CAN TRIGGER OR MAKE YOUR DEPRESSION WORSE. SET A REGULAR SLEEP SCHEDULE AND TRY TO STICK TO IT



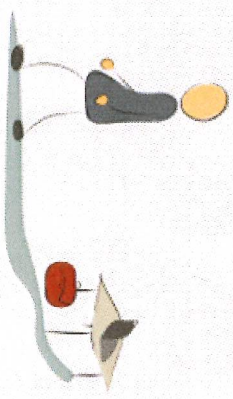
EXERCISE REGULARLY

EXERCISE RELEASES CHEMICALS THAT HELP EASE DEPRESSION, AND IT HELPS TAKE YOUR MIND OFF WORRIES.



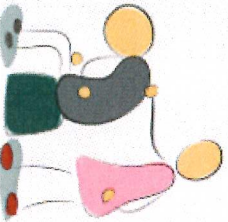
EDUCATE YOURSELF

TAKE CONTROL BY EDUCATING YOURSELF AND FINDING RESOURCES THAT MAY BE HELP.



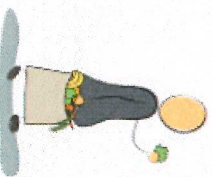
LEAVE WORK AT THE WORKPLACE

WORK / LIFE SEPERATION IS CRUCIAL FOR HELPING REDUCE STRESS AND ALSO MAKES YOU MORE PRODUCTIVE WHEN YOU ARE WORKING



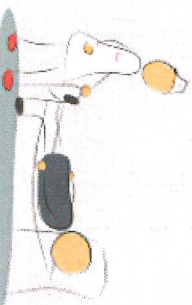
TALK WITH FRIENDS

DEPRESSION ISN'T CONTAGIOUS, BUT A HEALTHY MOOD IS. CONFIDE IN THOSE YOU TRUST.



WATCH FOR NUTRITION

MAKING POOR FOOD CHOICES AND SKIPPING MEALS CAN HELP CONTRIBUTE TO DEPRESSION.



SEEK TREATMENT

MANY PEOPLE ARE AFRAID TO ASK FOR HELP, BUT ONCE THEY DO THEY OFTEN WISH THEY HAD DONE SO SOONER.



HAVE HOPE.

DEPRESSION WAXES AND WANES, FIND WAYS TO REMIND YOURSELF THAT THINGS WILL EVENTUALLY GET BETTER WITH TIME.