

Download Conquering Depression

a 30-day plan for conquering depression The 21st century has seen the rise of an epidemic in depression. As our culture becomes increasingly angry, chaotic, and hopeless vast numbers of Christian men and women are looking for help with their problem. How to Conquer Depression - Working on Happiness Break the day into a series of small tasks. List out all your successes every day. Try distracting yourself with activity. Personify your depression. Try calming visualization meditations. Talk to people. Find a help network. Talk to a ... Get connected. Depression can be socially isolating but making a strong effort to socially engage is brain- and mood-boosting on many levels. Taking a dance class, attending a spiritual gathering, or volunteering helps to engage parts of the brain that are vital for brain fitness. - Conquering Depression