

# 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.

## Stay Connected



As social creatures, we all benefit from staying in touch with friends and family. So catch up with old friends on social media, plan some outings, see the family, and try to stay in touch.

## Reframe Negative Thoughts



It can be easy to get stuck in a persistent state of negativity, especially with access to a global stream of news. However, it's important to remind ourselves of the positives in everything.

# How To Deal With Depression

**Colleen Birchett**



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