

# Depression Self Help

## The Ultimate Guide



### 10 Steps to Changing Your Life



1. Visit Your Doctor and Become Your Own Health Advocate



2. Examine Your Lifestyle and Make Necessary Changes



3. Fun, Laughter and Enjoyment as Depression Self Help



4. Supplements for Depression Self Help



5. Get Social Support



6. Pursue Interests, Meaning and Purpose



7. Keep a Depression Self Help Journal



8. Commit to a Form of Daily Practice



9. Essential Personal Growth Work with Anger, Self-esteem and Confidence Building



10. Develop a Positive Vision of the Future

# Relief From Depression A Self Help

**Huangqi Zhang**



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