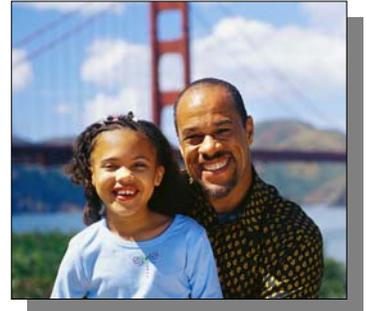


Keeping Depression at Bay!

Give yourself the gift of meaning and purpose by staying involved in life. Looking forward to tomorrow, is strong medicine, it reaffirms the purpose in one's life. You can achieve this by applying your talents and interest to goals that you believe in, regardless of what stage of life you are in.



Ask yourself:

- ◆ What in my life do I want to achieve?
- ◆ What do I have a true passion for?
- ◆ What three goals do I wish to accomplish within the next six months, year or two years?
- ◆ What do I need to do in order to make my goals a reality?

After you have answered these questions, take a step forward by starting on what you need to do to achieve your goals.

Another way to keep depression at bay is to widen your social circle. Developing and maintaining a strong social environment provides the opportunity to share interest and develop new friendships that will offer support during times of change.

Here are a few suggestions to open your social circle.

- ◆ Go back to school.
- ◆ Start a new job or take a step towards making a friend at your existing work.
- ◆ Take a class and develop a hobby or enhance a talent.
- ◆ Join a club.
- ◆ Get involved with your church or other organizations.
- ◆ Volunteer, share your existing abilities or learn new skills.
- ◆ Get your body active with an exercise program.
- ◆ Stimulate your mind with reading, problem solving or go to lectures.
- ◆ Plan day trips to areas of interest.
- ◆ Broaden your conversation material with current events, shows or entertainment.

“On a regular basis, go somewhere new and keep fresh, positive energy flowing in your life.” –Ralph Martson.