

# Depression Coping Skills to Try

1. Tap into your 5 senses
2. Practice deep breathing
3. Engage in regular exercise
4. Connect with supportive people
5. Practice self-compassion
6. Set achievable goals
7. Have a routine and stick to it
8. Watch what you eat
9. Fake it until you make it
10. Seek professional help

# Coping With Anxiety And Depression

**Michael Hoelscher**



## **Coping With Anxiety And Depression:**

Delve into the emotional tapestry woven by Emotional Journey with in Experience **Coping With Anxiety And Depression** . This ebook, available for download in a PDF format ( \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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