

## Mental Health & Wellbeing

- **What depression feels like:** Emptiness, loss of interest in activities, impaired memory and concentration, exhaustion, negative thoughts, feeling completely devoid of emotion
- **Seeking help was the turning point:** Professional help marked the beginning of recovery and revealed that depression affects millions of people equally
- **No single solution exists:** Recovery requires finding what works for you—whether medication, therapy, or other approaches
- **Practical management strategies:** Regular exercise (as effective as antidepressants for mild-moderate depression), keeping a mood journal, practicing gratitude, and learning to quiet your mind
- **The ultimate message:** With the right steps and support, depression can be managed and dark days will pass

