

How To Conquer Depression

1. Verb
2. Verb
3. Noun
4. Verb Ending In Ing
5. Plural Noun
6. Verb
7. Occupation (Job)
8. Sport
9. Sport
10. Sport
11. Friends Name
12. Brother's Name
13. Enemie's Name

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1. _____Verb_____ everyday. It always helps to _____Verb_____

2. Do nice things for other people, like do their _____Noun_____. But don't do it too much, or people might want to use you.

3. Get all the stress out of your life. Whether by vacation, _____Verb ending in ing_____ or making Mad Libs. By all means, you deserve it!!

4. Make new _____Plural noun_____. It's pretty simple. Just ask them their name, go out for a _____Verb_____ etc.

5. Go see a/an fricken _____Occupation (job)_____ He/she can help you with your problems and make your life better.

6.

Get active. Doing sports such as _____ Sport _____ Sport and _____ Sport can REALLY help you with your depression.

7. Talk about it. Talk to your friend _____ Friends name or your brother _____ Brother's name and maybe even your spouse, _____ Enemie's name.