

# 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 \_\_\_\_\_<sup>Sport</sup>\_\_\_\_\_ \_\_\_\_\_<sup>Sport</sup>\_\_\_\_\_ and \_\_\_\_\_<sup>Sport</sup>\_\_\_\_\_ can REALLY help you with your depression.

7. Talk about it. Talk to your friend \_\_\_\_\_<sup>Friends name</sup>\_\_\_\_\_ or your brother \_\_\_\_\_<sup>Brother's name</sup>\_\_\_\_\_ and maybe even your spouse, \_\_\_\_\_<sup>Enemie's name</sup>\_\_\_\_\_.