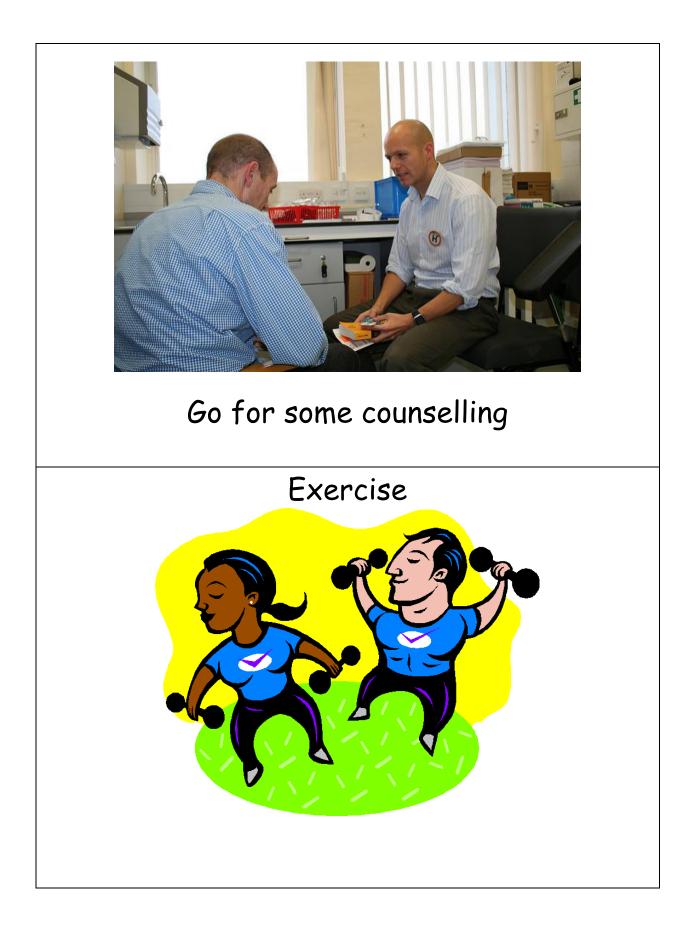
Managing Depression







Stay connected to friends - Keep busy



## Get 7-8 hours of sleep each night

## Avoid Alcohol

