

Activity 19

Estimated Time: 10 minutes

Focus on stress, as this is the most common trigger for depression according to many medical professionals. If you notice that you are becoming too stressed, it is important to bring the level of stress down so as to not trigger a bout of depression.

To do this, there are several activities that you can do to relax. Think about five different things that you can do to remove yourself from a stressful situation that you encounter often.