

DEPARTMENT OF BENEFITS



A Path to Feeling Better

Psalm 94:19 “when anxiety was great within me, your consolation brought joy to my soul”.

Five smart steps that can help keep depression at bay:

- Spend time with the Lord;
- Talk about your feelings with other people (trusted friends/family etc.);
- Exercise for at least 30 minutes every day;
- Do “mood boosting” activities you enjoy;
- Eat foods high in B vitamins (stabilizes mood).

Deuteronomy 31:8 “the Lord himself goes before you and will be with you; he will never leave nor forsake you. Do not be afraid; do not be discouraged”.