

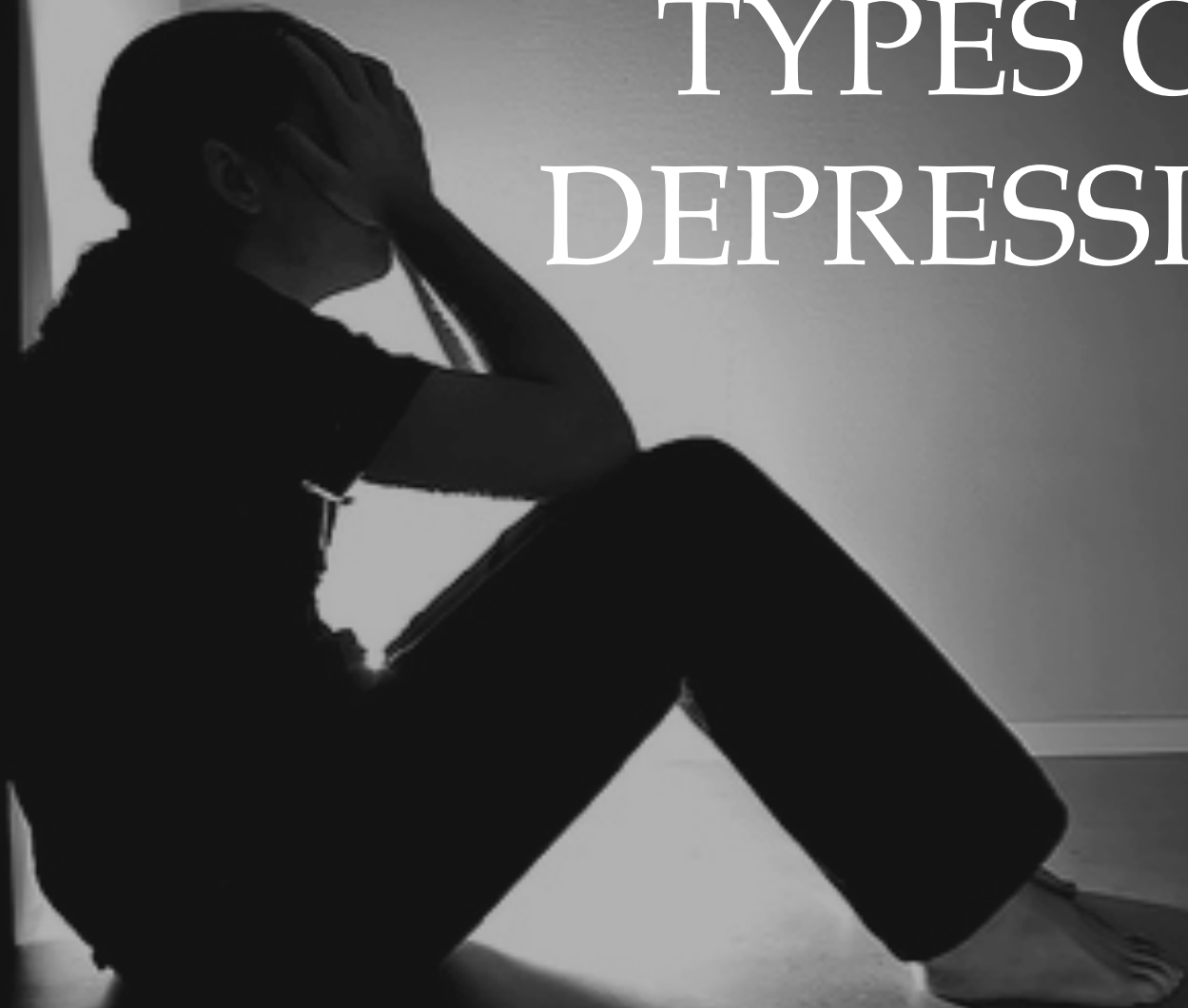
THE BLUES DISCOURAGEMENT AND DEPRESSION



WHAT IS DEPRESSION?



TYPES OF DEPRESSION



SYMPTOMS OF DEPRESSION



A black and white photograph of a person's face, partially obscured by their hand, with the text "CAUSES OF DEPRESSION" overlaid in white. The person's hand is covering their eyes and part of their face, suggesting a state of distress or despair. The lighting is dramatic, highlighting the contours of the hand and the texture of the skin.

CAUSES OF DEPRESSION



RESPONSES TO DEPRESSION



**SEEK TO
REMOVE GUILT**



CONSIDER THE
NEEDS OF
OTHERS



THINK ABOUT
BLESSINGS



GET BUSY



ASSOCIATE WITH
ENCOURAGING
PEOPLE



IGNORE THE
OPINIONS OF
CRITICS



HAVE REALISTIC
EXPECTATIONS



LET GO AND LET
GOD