It’s Time to Take Control

Recovering from depression takes action. The symptoms of depression can make many of things that will make you feel better difficult. However, persistent effort can make a big difference in how you feel.

Creative Coping for Depression: Group Therapy

Don’t let life pass you by...take control today.
Depression drains your energy, hope, and drive making it difficult to do whatever you to do to feel better. While overcoming depression isn’t quick or easy, it’s far from impossible. You can’t beat it through sheer willpower, but you do have some control—even if your depression is severe and persistent.

Lifestyle changes can make a huge difference, such as: exercising every day, avoiding the urge to isolate, challenging the negative voices in your head, eating healthy food and carving out time for rest and relaxation. Drawing on the support of others is critical for your continued well-being.

## Symptoms of Depression Include:
- **Ongoing sadness or irritability**
- **Loss of interest or enjoyment in life**
- **Decrease or increase in appetite or weight**
- **Poor sleep or sleeping too much**
- **Feeling restless, anxious or worried**
- **Feeling tired or have little energy**
- **Trouble concentrating or making decisions**
- **Physical symptoms that don’t respond to treatment**
- **Thoughts about death, including thoughts about suicide.**

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### How We Can Help to Avoid Relapse
Lutheran Counseling and Family Services offers individual and group therapy sessions for individuals struggling with depression, anxiety and mood disorders. Our group therapy sessions, titled *Creative Coping for Depression* meets 2-4 times a month and is a wonderful place to meet likeminded individuals. Being with others who are dealing with depression can go a long way towards reducing your sense of isolation. You can also encourage each other, give and receive advice on how to cope, and share your experiences.

**Our current group schedule is:**

10:30am-NOON Wednesdays

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**LUTHERAN COUNSELING AND FAMILY SERVICES OF WI**

[Contact Information]