

A Depression Thread at the Epicurean Philosophy Facebook Page

Post by “Kalosyni” of January 30, 2022 at 12:12 PM

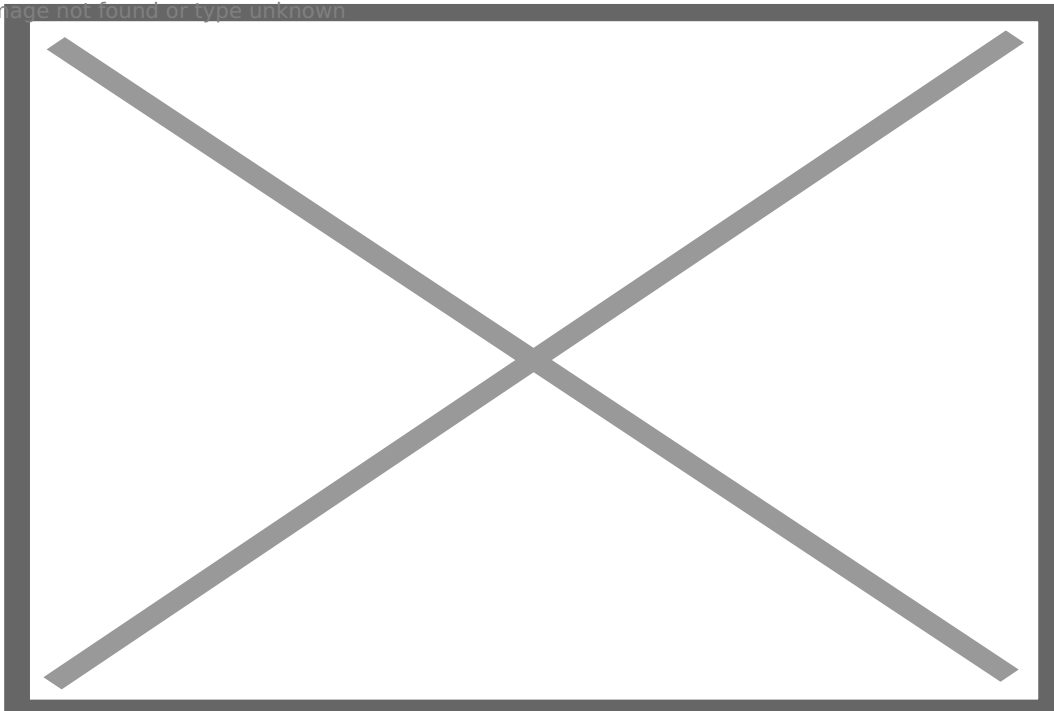
Another good article for people with mild depression:

Quote

The evidence is clear that social isolation increases a person's risk of depression and can make symptoms more severe and longer-lasting. Of course, when you are depressed, socializing is even more difficult. One solution is to join a group devoted to something for which you have a strong passion.

"For instance, volunteering for a favorite cause can keep you connected with others on a regular basis, plus you have the extra motivation to engage because of your personal interest," says Dr. Mehta. Another way is to join a team that plays a sport you like, such as golf, bowling, or tennis.

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[The no-drug approach to mild depression - Harvard Health](#)

While antidepressants can relieve and control symptoms of mild or moderate depression, they are not the only option. Many nondrug options are available to help...

www.health.harvard.edu

<http://www.epicureanfriends.com/thread/2372-a-depression-thread-at-the-epicurean-philosophy-facebook-page/?postID=16375#post16375>

Okay! So we need to add an option to "volunteer" here on the forum!

Maybe this: "Volunteer to host an Epicurean Zoom Party"...togas optional (but of course some form of clothing required). 😄