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5 Ways to Overcome Sadness - wikiHow -

Mon, 09 Jul 2018 23:38:00 GMT - Tip 2: Do things that make you feel good. In order to overcome depression, you have to do things that relax and energize you. This includes following a healthy lifestyle, learning how to better manage stress, setting limits on what youâ€™re able to do, and scheduling fun activities into your day.

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