

In today life all we have to face depression in different times of our life. It may be due to various reasons like failure in love, career, family problems, weak health or several any other things.

According to a source 10 % of men will suffer a major depressive episode during their lifetime. Gradually, it becomes more dangerous to our world. Even I have personal experience of facing the same. But finally I get rid out of same.

Now, I would like to share some tips which may very helpful to beat depression.

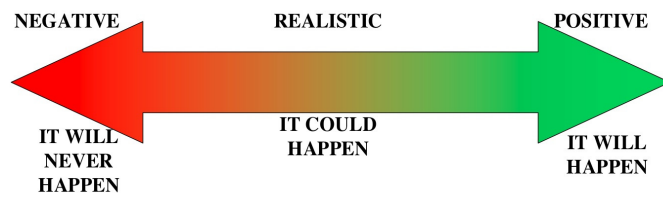
1. *Become Active*



2. *Control your diet*



3. Think about positive site life



4. Think about your Good Past that will give energy



5. Develop interests in other activities :



6. Focus and concentrate



7. Consider yourself as best



8. Stop bad behavior



9. Create positive social life:



10. List your problems



11. Make change in yourself

