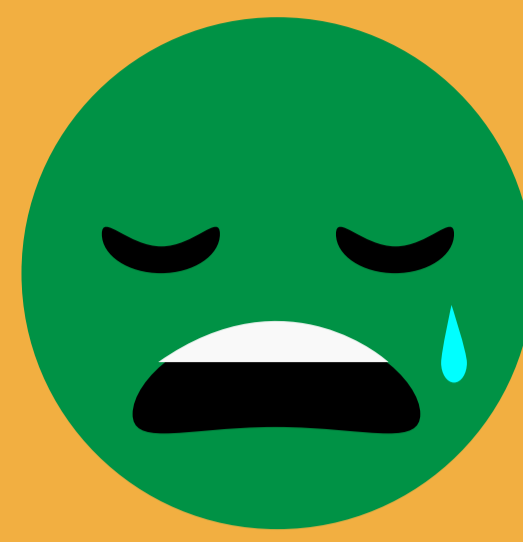


COPING WITH DEPRESSION NATURALLY

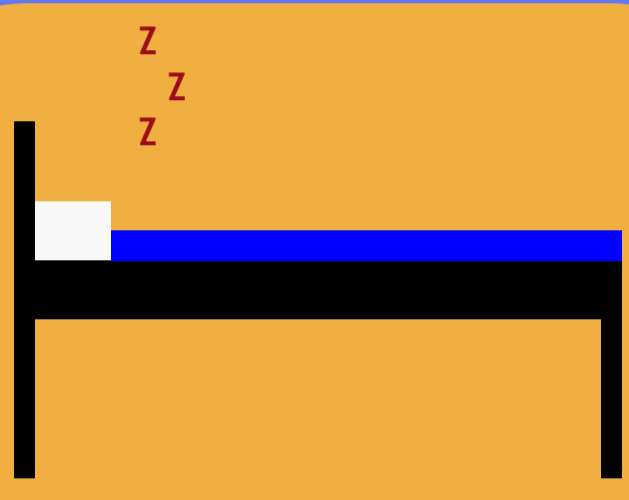


64% OF STUDENTS DROP
OUT OF COLLEGE
BECAUSE OF MENTAL
HEALTH PROBLEMS



NEARLY 37% OF US
COLLEGE STUDENTS
HAVE DEPRESSION

SYMPTOMS OF DEPRESSION



OVER SLEEPING



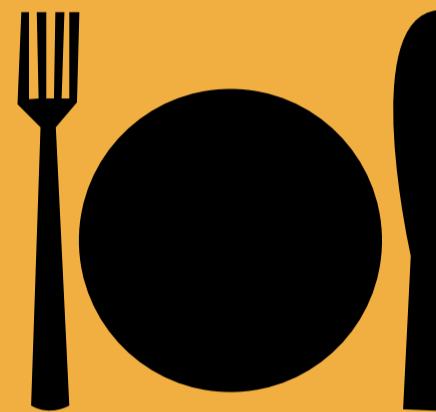
ANGRY OUTBURST



SADNESS



LOSS OF INTREST

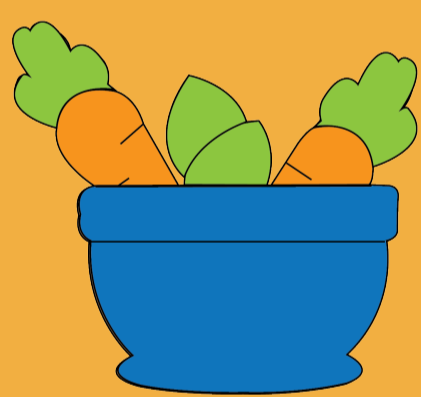


CHANGE IN APPETITE



SUICIDAL THOUGHTS

NATURAL CURES



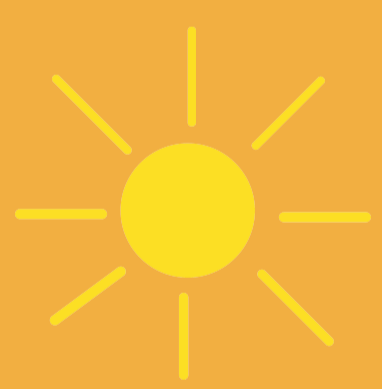
NUTRITION



AROMA THERAPY



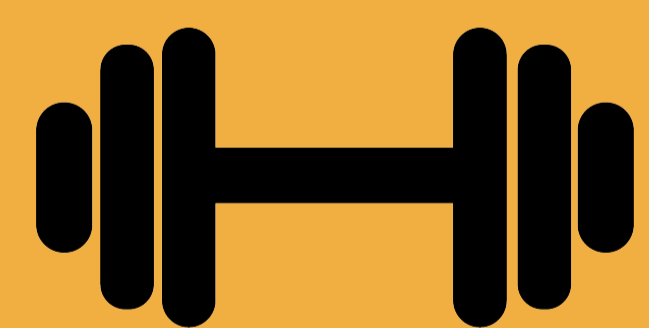
MEDITATION



SUN



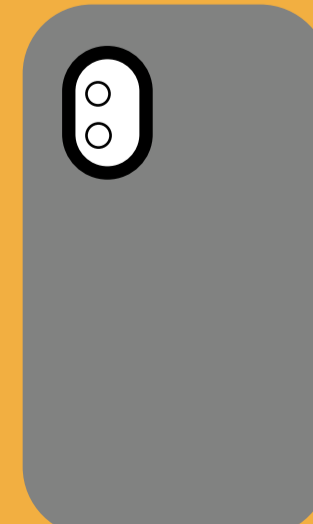
MUSIC



WORKING OUT

UNDER THE INFLUENCE OF SOCIAL MEDIA

SOCIAL MEDIA PREVENTS US
FROM CREATING REAL
CONNECTIONS, AND CREATES
SOCIAL ANXIETIES.



EXPERTS RECOMMEND
LIMITTING SOCIAL MEDIA
AND PHONE USE,
ESPECIALLY WHILE WITH
FRIENDS

Sources:

<https://whattobecome.com/blog/college-student-mental-health-statistics/>