

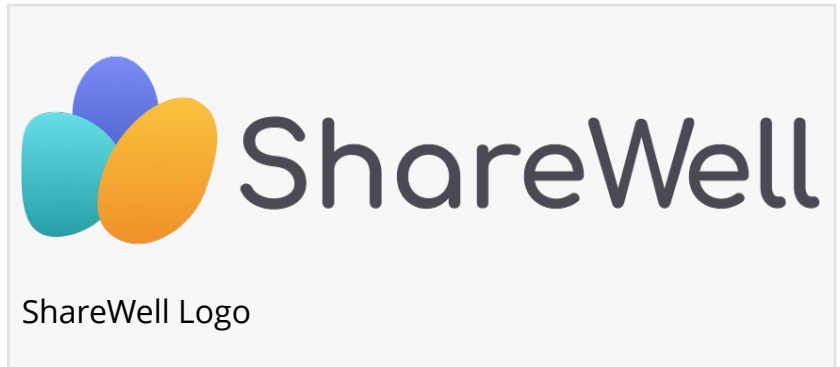
Unlocking The Power Of Positive Psychology: A Proactive Approach To Overcoming Depression

Renowned Wellness Coach Dr. Aymee Coget Shares Daily Tools For Mental Well-Being

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[/EINPresswire.com/](#) -- In a world where depression rates are on the rise, there is a growing need for innovative

approaches to mental healthcare. Acknowledging this, [ShareWell](#), a group support platform and leading advocate for mental wellness, is championing the use of positive psychology and peer support as tools in the fight against depression. [Dr. Aymee Coget](#), a Wellness and Leadership Coach focused in positive psychology and [ShareWell Host](#), unveils a comprehensive approach to combat depression.



Recognizing the warning signs of depression is crucial for early intervention and effective management. The following are key indicators to be mindful of:

- Negative Thinking: Persistent negative thoughts about oneself, others, or the future can signal depression, manifesting as self-criticism, hopelessness, or a constant focus on perceived failures.
- Pessimism: A pervasive sense of pessimism or cynicism can cloud one's outlook on life, leading to difficulties in seeing the silver lining and expecting the worst outcomes.
- Lack of Exercise: Physical activity is closely linked to mental well-being, and a decrease in exercise or lack of interest in physical activities can contribute to feelings of lethargy and exacerbate depressive symptoms.
- Social Isolation: Withdrawal from social activities and reluctance to connect with others may indicate depression, leading to feelings of loneliness and a worsening sense of disconnection.
- Feeling Trapped in the Past: Dwelling excessively on past mistakes, regrets, or traumas can hinder progress and contribute to feelings of helplessness, hindering mental health recovery.

By incorporating positive psychology into daily routines, individuals can proactively manage their mental well-being and cultivate a more fulfilling life.

- Empowerment: Take control of your happiness by making a conscious decision to choose happiness every day. Focus on what you can control and take proactive steps to cultivate positivity in your life.
- Mood Exercises: Engage in activities that bring you joy, listen to positive music, and acknowledge moments of gratitude to shift focus away from negative thoughts.
- Positive Reflection: Reflect on positive moments and accomplishments daily to reinforce positive behaviors and encourage growth.
- Acts of Kindness: Spread kindness towards others to boost your own sense of well-being and connectedness.
- Focus on the Future: Pursue activities that give your life meaning and purpose, enhancing overall life satisfaction and fulfillment.

Another impactful tool is peer support, which provides a valuable outlet for individuals to combat feelings of loneliness, overwhelm, and isolation. By connecting with others who share similar experiences, individuals can find validation, reassurance, and practical guidance on their mental health journey.

To learn more about peer support or to attend a support group for depression, visit <https://sharewellnow.com/sessions>

About ShareWell:

ShareWell is the first peer-to-peer support platform to provide an affordable and accessible solution to the mental health crisis. ShareWell connects everyday people for mutual support and healing in a safe, online environment. Through unlimited access to live support groups and a digital community platform, ShareWell's vision is to create a world where everyone has access to the support they need when they need it. ShareWell launched in October 2021 and is founded by CeCe Cheng, a former venture capitalist, startup executive and executive coach. To learn more about ShareWell, visit www.sharewellnow.com.

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