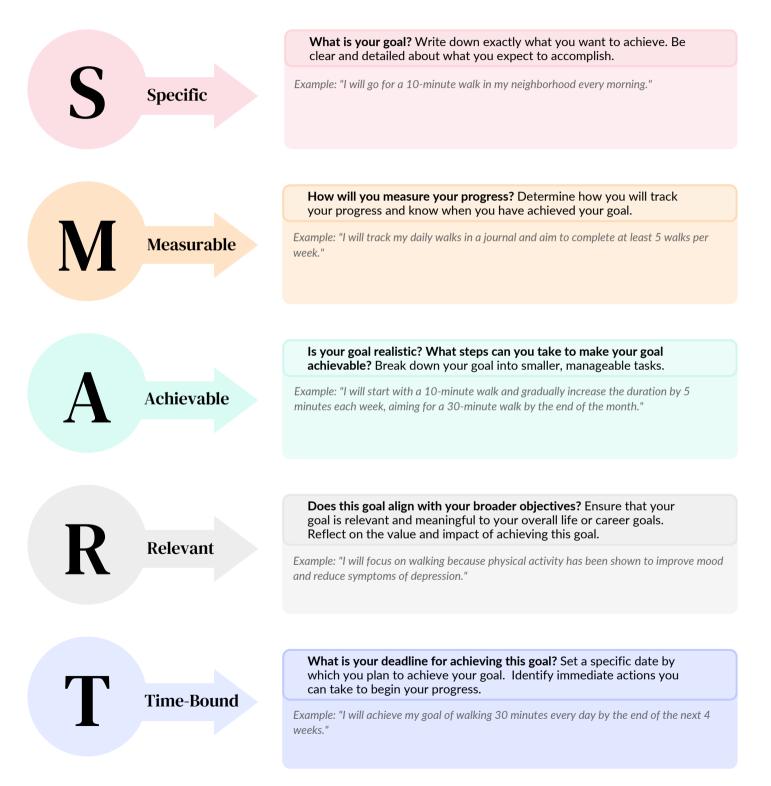


## **Setting SMART Goals**

SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. For individuals with depression, SMART Goals is particularly helpful as it breaks down larger tasks into manageable steps, making them less overwhelming. This structured approach can also enhance motivation, improve focus, and provide a sense of accomplishment, all of which are crucial for managing and alleviating symptoms of depression.







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