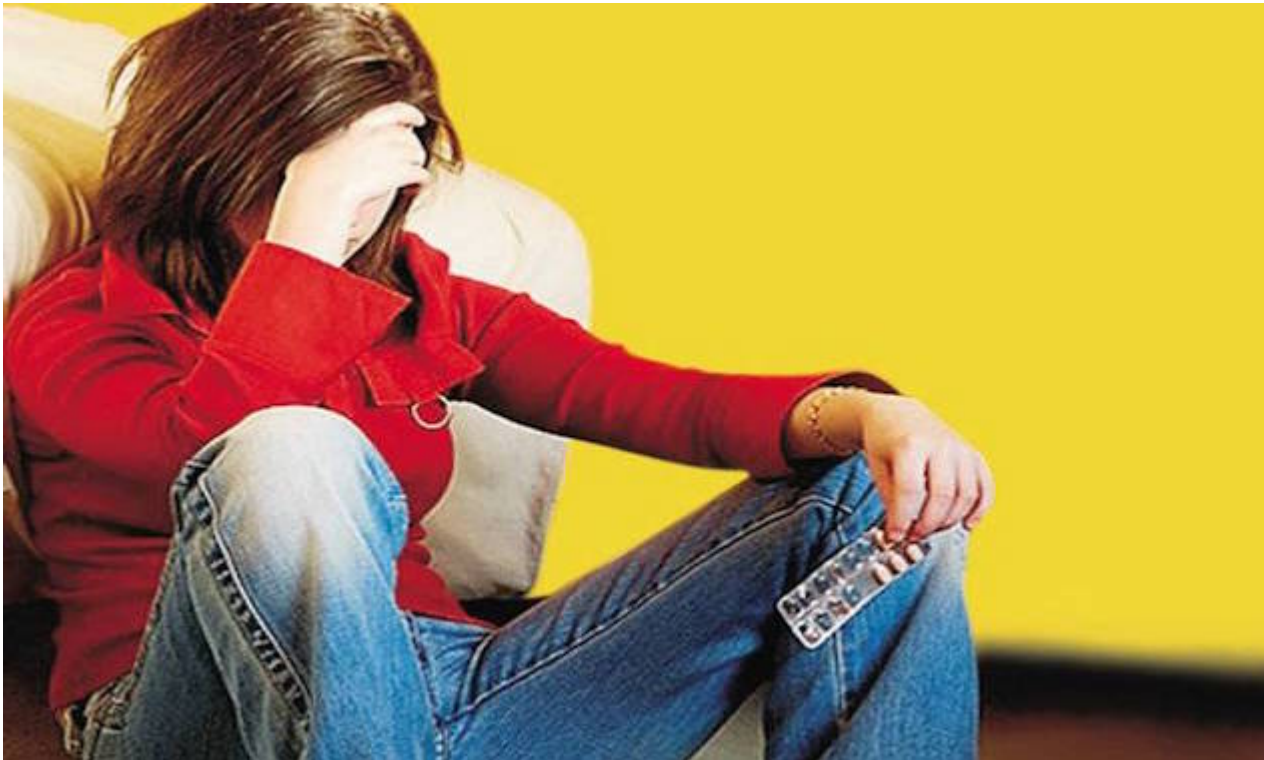


They work like medicine (Saint Porphyrios of Kavsoakalyvia)

[Ξένες γλώσσες / In English](#)



One thing that can help people suffering from depression is work, interest in life. The garden, plants, flowers, trees, the countryside, a walk outdoors, all bring us out of inertia and create other interests for us. They act as medication. Involvement with art, music and so on is of great benefit. But I would lay the greatest stress on involvement with the Church, study of the Holy Scriptures, attending services. Through the study of the words of God, people are healed without even knowing it.