The outdoors is full of endless possibilities. Have you ever looked up hiking trails in or around your home? There are always new things to explore that we often overlook. Your life is important so make the most out of every second. Do your best to get rid of depression so you can focus on being happy. People get depressed, it happens, but what you do when you are depressed truly defines who you are. Make a real effort to fight off your depression and you will become victorious. When you do become happy again remember to hold on to that feeling forever.