

Feeling depressed can lead to loss of purpose but losing purpose can also lead to depressed feelings. Research shows that doing something for the benefit of others creates a greater sense of meaningfulness. Meaningfulness can lead to satisfaction and fulfillment. Here are some easy ways to do something for someone else:

- Do a chore for someone without being asked.
- Call and check in on someone.
- Leave a heartfelt note for someone to find.
- Volunteer your time to a local charity.
- Say something nice to a stranger.

<https://psychcentral.com/depression/how-to-find-sense-of-purpose-when-depressed#finding-purpose-again>