

Anti-Depression Tips

When you use the system as prescribed and incorporate some of the hints listed below, you may be surprised how much better you feel...

1) A study published in 2005 found that walking fast for about 35 minutes a day five times a week or 60 minutes a day three times a week had a significant influence on mild to moderate depression symptoms.

Please note that the exercise lengths suggested here are based on someone who weighs about 150 pounds. If you weigh more, longer exercise times apply, while the opposite is true if you weigh less than 150 pounds. (* be sure to check with your doctor before changing your activity patterns)

<http://www.health.harvard.edu/newsweek/Exercise-and-Depression-report-excerpt.htm>

2) It's very important to remember that getting the proper support can play a big role in lifting you from depressive thoughts and can help to keep them away. It can sometimes be tough to keep up the effort needed to beat depression and even the nature of depression can make it hard for you to reach out and ask for help. However, when you isolate yourself you can make depression even worse, so it's very important to form or keep any close relationships you may have and remember to push yourself to participate in social activities as well.

If you currently find "people" too difficult then you may find that pets can bring you much happiness and even prove to be valuable companions. When you care for a pet it can help you to get "outside of yourself" and give you a sense of being needed. This can prove to be a very powerful weapon against depression.

3) Don't be so hard on yourself. Regularly ask yourself what you might say to a dear friend if they were the one feeling as you do, and then say it to yourself. See finally that you have been choosing to look at "bad" things and promise yourself to start to look at the "good" ones.

4) Work to get between 7-8 hours of sleep every night. Often depression can be linked to sleep issues. You might be sleeping too little, or too much, in either case your mood can be adversely affected.

5) Get outside and get some sunlight every day. It's a well-known fact that too little sun can result in a deficiency of vitamin D and this has been linked to mood disorders and can make depressive symptoms worse.

At least 15 minutes a day can help to show a difference and boost your mood. If you're in a part of the world with low levels of sunlight, then there are full spectrum lights available that simulate sunshine and may prove helpful.

6) Push yourself, even when you don't feel like it. I think you will be pleasantly surprised how much better you feel when you make time for "fun" activities (if you don't have any now, then think of a time when you did and do those, even if you were a child). Don't expect instant results, but with time and effort you can feel more upbeat and energetic.

7) Eat better. You may be surprised how much diet can play a role in mood and depression.

Believe it or not, what you eat has a direct impact on how you feel.

Make sure you do not miss meals as when you go too long between meals it can often make you feel tired and irritable, its best to eat something every three or four hours.

Be sure to keep things like sugar and refined carbs to a bare minimum. You may crave these things but remember that these types of foods often lead to a massive lowering of mood and energy.

Foods like baked potatoes, whole-wheat pasta, brown rice, oatmeal, whole grain breads, and bananas are examples of food that can help to boost serotonin levels without a downside.

It's also a good idea to consider supplementing with B vitamins. Low levels of B vitamins such as folic acid and B-12 have been known to trigger depressive episodes. You can use supplement's and or simply eat citrus fruits, leafy greens, beans, chicken, and eggs.

And finally, Omega-3 fatty acids are known to play an important role in mood stabilization.

Foods that are rich in certain omega-3 fats called EPA and DHA can really boost your mood. Some sources include... Fish such as salmon, herring, mackerel, anchovies, sardines, and some cold-water fish oil supplements. (* be sure to check with your doctor befor changing diet)

8) There may be times, even with all this information and technology that you will need extra help.

Do some research so you always know where to get this help if and when you need it. If you find your depression getting worse and you feel the need to extra help, do not hesitate to seek professional help.

Trained professionals may sometimes have the last part of the puzzle you need to succeed.

Final thoughts...

Remember that you are entitled to feel great. This in fact is why we feel good, or bad. So, we know when we are on the right track, or not.

Do not ignore these feelings as they are nature's way of telling you when something needs attention and thus are feelings you should be grateful for, and they indeed can be things you feel grateful for.... As long as you listen to them and take the appropriate action.

I'm here for you...

Morry

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Sometimes this form of stimulation can bring repressed or otherwise undealt with memories into consciousness, as a result it is always a good idea to have someone readily available to “talk to”, if the need should arise.