

Treating your Depression

maegancarney@gmail.com

Take personal responsibility for getting better and set realistic goals in light of the depression.

Every morning get up, shower, dress and walk around the block before you start your day.

Rule out medical issues: With your MD, get a full blood work up to check levels of Thyroid, Ferritin/Iron, sex hormones, and Vit D, and get tested for celiac disease. With a Naturopath, find out if you have food sensitivities, specifically wheat or dairy intolerances, or Candida/Yeast Overgrowth.

Chart your mood on a calendar: On a scale of 1-10 evaluate your mood at least once/day. This will help you evaluate progress and make patterns more visible.

Limit Caffeine, Alcohol and Sugar.

Supplement vitamin and mineral deficiencies.

Normalize your sleep cycle: Plan on getting 8 hours/night with a consistent wake up time.

Social support: Include friends or family in your life and if possible, confide in at least one person. Isolation and secrecy promote distorted feelings of worthlessness and despair.

Psychotherapy: Get professional support and education. Address any root causes and learn strategies to change negative thinking habits.

Talk to a professional about Medication, St John's Wort, NAC, SAM-e, 5-HTP

Daily Movement: Ultimately, we need 30-60 minutes of moderate to vigorous exercise every day to treat depression. Realistically, it is better to get out for a 5 minute walk every day than it is to fail to run for 10 minutes. Start small and build slowly. Aerobic exercise has a greater success rate for treating depression than medication.

Eat well: Aim to eat a low sugar, Mediterranean diet with adequate protein and plant foods. Avoid processed food, MSG and artificial sweeteners like aspartame or sucralose. If you don't have the energy to make nutritious meals, ask for help.

Practice relaxation techniques: deep breathing, meditation, prayer, listening to music.

Practice compassion, gratitude, and forgiveness.

Do something with your hands: Crafts, knitting, suduko, puzzles, cross stitch, colouring book

SAD: Explore Light Box Therapy if you think this is Seasonal Affective Disorder:
www.northernlighttechnologies.com