

3 TIPS TO DEAL WITH DEPRESSION





According to the World Health Organization over 264 million people from all ages suffer from depression. This figure is probably a lot higher due to people who are living silently with it.

At a foundational level depression is the fear of repeating the same mistakes of the past. Fear is essential to our evolution and survival, though is at the root of all mental illness.

To deal with Depression you need to balance body and mind, so here are 3 tips that can be really powerful in dealing with this silent disorder.

VITAMIN D



Vitamin D influences nearly every system of the body and research has shown that people with depression are low in this essential nutrient.

A review and meta-analysis of 15 studies found that the effect of taking vitamin D for depression was comparable to that of anti-depressant medication.

One of the best sources of vitamin D is the sun. Spending at least 30 minutes a day outside can help your body get enough. Supplementing with D3 will also give your body a healthy dose of the sunshine vitamin.

EXERCISE



We all know that exercise is important for our physical bodies, though its effect on improving our mental wellbeing is lesser known. When it comes to dealing with depression then exercise should be an important part of your routine.

Researchers from the University of Santa Maria in Brazil and King's College in London conducted a review of 25 studies that surveyed a total of 1,487 people and found that between 40 and 50 percent of people with depression respond to exercise, with an effect that, on a scale of small, medium, or large, is considered large.



The researchers hypothesised that one of the key reasons why exercise is so effective is due to something called Brain-Derived Neurotrophic Factor (BDNF), which helps the brain grow and remodel. BDNF is low in people with depression and regular exercise has been shown to increase BDNF.

What is interesting is that they found that moderate intensity aerobic exercise was the most effective. Going for a walk or a bike ride 2-3 times a week can seriously influence your state of mind.

EMOTIONAL FREEDOM TECHNIQUE

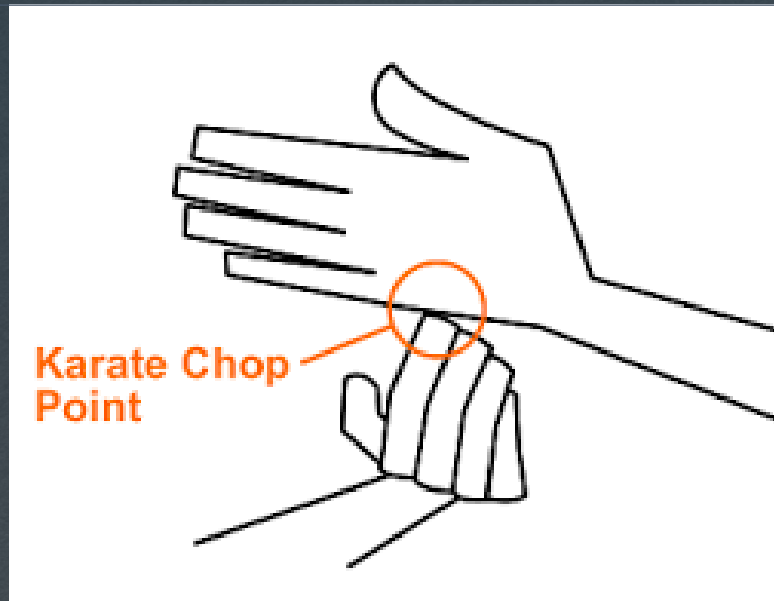


Emotional freedom technique (EFT), which is also referred to as tapping or psychological acupressure is an alternative treatment for addressing a host of mental and emotional imbalances. EFT was created by Gary Craig in the 1990s based on his study of work done by Roger Callahan in Thought Field Therapy (TFT).

It works by tapping on various meridian points around the body, whilst repeating statements that help you shift the energy connected to your problem.

In a review meta-analysis of 20 studies over a 10-year period, researchers found a reduction in depression symptoms by a whopping 41% by using EFT.

Use the following script for 21 days consecutively. Tapping on the karate chop point and repeating the script 3 times in a row once a day.



Even though I want more certainty I want to feel more secure
I'm choosing to trust the flow of life I'm choosing to surrender to life
Because I love myself and I trust who I am

Even though I try to control and get frustrated when things don't happen
I'm choosing to forgive myself to remind myself
that everything happens at the right time And in the right way for me

I'm choosing to think differently to act differently
I'm being guided there is a reason for everything even though
I may not understand it I'm choosing to relax and go with the flow

I'm choosing to be open to synchronicities to allow things to flow naturally
Even though things may take longer I will stay focused
I choose to trust the process to allow life to flow through me

I know that life has a divine plan for me I'm choosing
To trust this to follow the signs to take the right actions
Because I love who I am I love the life I'm living I love the life I'm creating

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Hi, my name is Dean, I've been working in the Health and Wellness industry for over 20 years and my passion is understanding the body and mind connection. From my experience of working with 1000's of clients, your mindset influences everything and I mean everything.

My background is working as a Sports Injury Specialist, so I understand how exercise, food and sleep can seriously influence our overall health. But I think we totally underestimate the importance of doing the work on changing our mindset and changing beliefs and behaviours that are blocking, stopping or sabotaging us. When you add this to your exercise, food and sleep programs, then you can achieve so much more in life.

I work with clients all over the world who want to upgrade their thinking, so that they can become healthier, wealthier and wise. Feel free to drop me an email if you have a question or if I can help you breakthrough the fears that are stopping you from living a life of purpose.