

Chapter 1 : 30 Ways to Improve Your Mood When You're Feeling Down

It's not easy being upbeat when life's little bumps—from looming work deadlines to a streak of cloudy days—can easily send your mood sinking and stress levels soaring. But what's sweeter than.

Sign up now Depression and anxiety: Exercise eases symptoms Depression and anxiety symptoms often improve with exercise. Here are some realistic tips to help you get started and stay motivated. By Mayo Clinic Staff When you have depression or anxiety, exercise often seems like the last thing you want to do. But once you get motivated, exercise can make a big difference. Exercise helps prevent and improve a number of health problems, including high blood pressure, diabetes and arthritis. Research on depression, anxiety and exercise shows that the psychological and physical benefits of exercise can also help improve mood and reduce anxiety. How does exercise help depression and anxiety? Regular exercise may help ease depression and anxiety by: Releasing feel-good endorphins, natural cannabis-like brain chemicals endogenous cannabinoids and other natural brain chemicals that can enhance your sense of well-being Taking your mind off worries so you can get away from the cycle of negative thoughts that feed depression and anxiety Regular exercise has many psychological and emotional benefits, too. It can help you: Meeting exercise goals or challenges, even small ones, can boost your self-confidence. Getting in shape can also make you feel better about your appearance. Get more social interaction. Exercise and physical activity may give you the chance to meet or socialize with others. Just exchanging a friendly smile or greeting as you walk around your neighborhood can help your mood. Cope in a healthy way. Doing something positive to manage depression or anxiety is a healthy coping strategy. Trying to feel better by drinking alcohol, dwelling on how you feel, or hoping depression or anxiety will go away on its own can lead to worsening symptoms. Is a structured exercise program the only option? Some research shows that physical activity such as regular walking — not just formal exercise programs — may help improve mood. Physical activity and exercise are not the same thing, but both are beneficial to your health. Physical activity is any activity that works your muscles and requires energy and can include work or household or leisure activities. Exercise is a planned, structured and repetitive body movement done to improve or maintain physical fitness. The word "exercise" may make you think of running laps around the gym. But exercise includes a wide range of activities that boost your activity level to help you feel better. Certainly running, lifting weights, playing basketball and other fitness activities that get your heart pumping can help. But so can physical activity such as gardening, washing your car, walking around the block or engaging in other less intense activities. Any physical activity that gets you off the couch and moving can help improve your mood. Broaden how you think of exercise and find ways to add small amounts of physical activity throughout your day. For example, take the stairs instead of the elevator. Park a little farther away from work to fit in a short walk. Or, if you live close to your job, consider biking to work. How much is enough? Doing 30 minutes or more of exercise a day for three to five days a week may significantly improve depression or anxiety symptoms. But smaller amounts of physical activity — as little as 10 to 15 minutes at a time — may make a difference. It may take less time exercising to improve your mood when you do more-vigorous activities, such as running or bicycling. The mental health benefits of exercise and physical activity may last only if you stick with it over the long term — another good reason to focus on finding activities that you enjoy. How do I get started — and stay motivated? Starting and sticking with an exercise routine or regular physical activity can be a challenge. These steps can help: Identify what you enjoy doing. For instance, would you be more likely to do some gardening in the evening, start your day with a jog, or go for a bike ride or play basketball with your children after school? Do what you enjoy to help you stick with it. Talk to your doctor or mental health professional for guidance and support. Discuss an exercise program or physical activity routine and how it fits into your overall treatment plan. Think realistically about what you may be able to do and begin gradually. Rather, look at your exercise or physical activity schedule the same way you look at your therapy sessions or medication — as one of the tools to help you get better. If you feel self-conscious, for instance, you may want to exercise at home. If you stick to goals better with a partner, find a friend to work out with or who enjoys the same physical activities that you do. Prepare for setbacks and

obstacles. Give yourself credit for every step in the right direction, no matter how small. Just try again the next day. Do I need to see my doctor? Talk to your doctor to find out which activities, how much exercise and what intensity level is OK for you. Your doctor will consider any medications you take and your health conditions. He or she may also have helpful advice about getting started and staying motivated. If you exercise regularly but depression or anxiety symptoms still interfere with your daily living, see your doctor or mental health professional.

Chapter 2 : 19 Ways to Improve Your Mood - Bold and Determined

Don't blame yourself. This is the simplest and most important thing you can do to beat depression. The stigma of depression, plus feelings of guilt and inadequacy, can get in the way of recovery.

The Benefits of Physical Activity Regular physical activity is one of the most important things you can do for your health. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits, in any way, your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities. If your condition stops you from meeting the minimum Guidelines, try to do as much as you can. Even 60 minutes a week of moderate-intensity aerobic activity is good for you. The bottom line is that the health benefits of physical activity far outweigh the risks of getting hurt. If you want to know more about how physical activity improves your health, the section below gives more detail on what research studies have found. Both diet and physical activity play a critical role in controlling your weight. You gain weight when the calories you burn, including those burned during physical activity, are less than the calories you eat or drink. For more information see our section on balancing calories. When it comes to weight management, people vary greatly in how much physical activity they need. You may need to be more active than others to achieve or maintain a healthy weight. To maintain your weight: Work your way up to minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. To lose weight and keep it off: Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan. The CDC has some great tools and information about nutrition, physical activity and weight loss. For more information, visit [Healthy Weight](#). But following the Guidelines and getting at least minutes a week 2 hours and 30 minutes of moderate-intensity aerobic activity can put you at a lower risk for these diseases. You can reduce your risk even further with more physical activity. Regular physical activity can also lower your blood pressure and improve your cholesterol levels. **Top of Page Reduce Your Risk of Type 2 Diabetes and Metabolic Syndrome** Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is a condition in which you have some combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar. Research shows that lower rates of these conditions are seen with to minutes 2 hours to 2 hours and 30 minutes a week of at least moderate-intensity aerobic activity. And the more physical activity you do, the lower your risk will be. **Already have type 2 diabetes?** Regular physical activity can help control your blood glucose levels. To find out more, visit [Diabetes and Me](#). Physically active people have a lower risk of colon cancer than do people who are not active. Physically active women have a lower risk of breast cancer than do people who are not active. Reduce your risk of endometrial and lung cancer. Although the research is not yet final, some findings suggest that your risk of endometrial cancer and lung cancer may be lower if you get regular physical activity compared to people who are not active. Improve your quality of life. If you are a cancer survivor, research shows that getting regular physical activity not only helps give you a better quality of life, but also improves your physical fitness. Research shows that doing aerobic, muscle-strengthening and bone-strengthening physical activity of at least a moderately-intense level can slow the loss of bone density that comes with age. But research shows that people who do to minutes of at least moderate-intensity aerobic activity each week have a lower risk of hip fracture. Regular physical activity helps with arthritis and other conditions affecting the joints. If you have arthritis, research shows that doing to 2 hours and 10 minutes to 2 hours and 30 minutes a week of moderate-intensity, low-impact aerobic activity can not only improve your ability to manage pain and do everyday tasks, but it can also make your quality of life better. **Build strong, healthy muscles.** Muscle-strengthening activities can help you increase or maintain your muscle mass and strength. Slowly increasing the amount of weight and number of repetitions you do will give

you even more benefits, no matter your age. **Top of Page Improve Your Mental Health and Mood** Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial. **Top of Page Improve Your Ability to do Daily Activities and Prevent Falls** A functional limitation is a loss of the ability to do everyday activities such as climbing stairs, grocery shopping, or playing with your grandchildren. How does this relate to physical activity? Aerobic and muscle-strengthening activities can help improve your ability to do these types of tasks. Are you an older adult who is at risk for falls? Research shows that doing balance and muscle-strengthening activities each week along with moderate-intensity aerobic activity, like brisk walking, can help reduce your risk of falling. **Top of Page Increase Your Chances of Living Longer** Science shows that physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers. This is remarkable in two ways: Only a few lifestyle choices have as large an impact on your health as physical activity. People who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week. You can put yourself at lower risk of dying early by doing at least minutes a week of moderate-intensity aerobic activity. Everyone can gain the health benefits of physical activity – age, ethnicity, shape or size do not matter.

Chapter 3 : Physical Activity and Health | Physical Activity | CDC

So, give yourself this gift of time and try one of these ways to improve your mood, reduce stress and increase your energy. It may give you the extra spark you need to face the rest of the day's challenges.

Bad moods and bad days happen to all of us. So, today I wanted to share 32 ways that you could improve your mood right now! Think about what could be causing your bad mood. Make plans for the future. If you want to change your situation, make plans for the future. Set some goals or create a vision board. Visualize your ideal life. Studies actually show that hugging or petting an animal literally affects our happiness hormones. So if you or someone you know have a pet, spend some time with it. Spending as little as 15 minutes with an animal can help our brain chemistry. I know that cuddling with my pup helps me! Take a power nap. Taking a nap is one of the easiest ways to reset a bad day. You should wake up feeling refreshed! Get out your coloring book. Personally, I have 4 adult coloring books and I love them! Coloring can help you relax, calm down, and clear your mind. If someone said something hurtful try to stop caring about it. Meditation has actually been proven to reduce stress and depression. So go to a quiet space and spend a few minutes meditating for an instant mood boost. Clear your mind or distract yourself. Focusing on the bad does nothing but amplify it and give it room to grow. So think about something else or do something to distract yourself. Get outside for a while. Fresh air mixed with the Vitamin D from sunlight is a great way to feel happier. Put on some sunscreen and go for a walk, sit outside, or lay in the sun. Change up your environment. Sometimes a little bit of change is all we need to feel better. Go to a coffee shop or go for a drive. Or you can do something as simple as rearranging your furniture. Go for a walk, head to the gym, do some yoga, go for a hike, or move in some other way. Do something that makes you laugh. I always say that laughter really is the best medicine. Watch a funny YouTube video, talk to someone who makes you laugh, or look at funny memes. Treating yourself to something that makes you happy can definitely cheer you up. Let it all out. Vent if you need to, but remember that it could get you more emotional if you do it too long. You could also journal about your problems or do something else to let out the negativity. Put on an upbeat song and spend a few minutes dancing around your house. You might feel silly or weird, but it will definitely improve your mood and make you feel happier. Take a shower or bath. Taking a shower or bath is a great way to relax and refresh. Use some yummy smelling soaps and pamper yourself. Focus on a project. Keep yourself busy with something that makes you happy. So turn off your phone and put down your laptop. Scents can be so powerful! This is one reason that I love candles so much. And if you practice daily gratitude, it can create a permanent mood boost. Listen to a song you love. Music is a powerful thing. Listening to your favorite song can go a long way toward lifting your mood, and singing along is even better. Upbeat songs are best, but sometimes a sad song can actually help too. You can even create a playlist for bad moods to turn to when you need it. Do something nice for someone. Helping someone out can make you so happy. Something as simple as texting someone you love and letting them know that you appreciate them or donating ten dollars to your favorite charity will do the trick. Work on your goals. Working on my goals and making stuff happen always lifts my mood. Even doing something simple can make you feel accomplished and happy. Trying something new and adding a little bit of excitement to your day can make you a lot happier. Getting dolled up "even if I have nowhere to go" always cheers me up a little bit. Put on something extra cute, try a new makeup look, and do your hair. Your environment can play a major role in your mood. Think of happy memories. Thinking of happy memories is sure to bring a smile to your face. If you have old photos or letters, take them out and look at them. The Journal of Economic Psychology published a study showing that people who attend religious services are more content. No matter what religion you follow, practicing it can make you happier. Read a religious book, pray, or go to a religious service. Do mindfulness exercises, meditate, or spend time in nature. Physical touch has been proven to make us happier and even improve our health! So cuddle with your spouse, child, or even your friend. So draw, paint, write, play an instrument, or whatever your creative interest is. Countless studies have shown that caffeine has a positive effect on our moods. But drinking a cup of coffee, tea, or even eating some chocolate can really make you feel better. Just like reading sad news stories can negatively affect your mood, reading

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something positive can affect it too. So read a site like Good News Network , which publishes only positive news. Or read a motivational book that leaves you feeling inspired. Leave a comment and let me know!

Chapter 4 : Do the benefits of vitamin C include improved mood? - Mayo Clinic

Exercise not only keeps your body fit and healthy, but it can also improve your mood. This is because when you exercise, "feel-good" neurotransmitters are released in the brain. These can help to shed negative nervous tension and improve your mood for the whole day.

And the energy it takes to be irritable, sad or pissed off is getting in the way of your focusing on what you want to do. If you can pinpoint what that is. Sometimes, lack of focus or boredom is the buzzkill. AARP surveyed the science on attitude adjustment. Any one of these proven tricks below can scrub that scowl off your face pronto. Regularly taking a B-complex vitamin can help boost mood, Bhatia says. But walking to the wellness cabinet will get your blood circulating and your mind off your worries. These cerebral sentinels relay messages to the locus coeruleus, a structure that drives brainwide arousal, including stress and panic. Use lavender or sandalwood oil, Bhatia suggests. It worked for Dr. Replay what went well today. Write down three things that turned out positively since you woke up this morning. You woke up this morning. Watch a cat or dog video. Assistant professor Jessica Gall Myrick, of the University of Indiana Bloomington, surveyed almost 7,000 people about their viewing of cat videos and how it affects their mood. Participants were more energetic and felt more positive after watching cat-related online media. They also reported fewer negative instances of anxiety, annoyance and sadness. The pleasure they got from watching cat videos was greater than any guilt they felt about procrastinating. Beat boredom with a puzzle. A large study of British adults linked volunteering in middle age and beyond to emotional well-being. Perk up with coffee. Harvard research associated coffee drinking with a lower risk of depression among women. On sunny days, they reported less emotional distress. Focus on what you can control. Once, we might have been rattled by a crying baby or a hellish commute — stressors that blow over. As we journey through our 50s, 60s and 70s, some sources of distress may be lasting: Our facial expressions can reverse-engineer our moods. Want a reason to smile? Studies show we get happier with age.

Maybe it was a stressful day at work, a fight with a friend, or even just an off day – whatever it is, there are definitely things you can do to improve your mood. And it's no wonder bad moods.

But exercise is also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better. What are the mental health benefits of exercise? Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your physique, trim your waistline, improve your sex life, and even add years to your life. People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. Exercise and depression Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication – but without the side-effects, of course. In addition to relieving depression symptoms, research also shows that maintaining an exercise schedule can prevent you from relapsing. Exercise is a powerful depression fighter for several reasons. Most importantly, it promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Finally, exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression. Exercise and anxiety Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins. Try to notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of the wind on your skin. Your muscles may be tense, especially in your face, neck, and shoulders, leaving you with back or neck pain, or painful headaches. You may feel a tightness in your chest, a pounding pulse, or muscle cramps. You may also experience problems such as insomnia, heartburn, stomachache, diarrhea, or frequent urination. The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating a vicious cycle between your mind and body. Exercising is an effective way to break this cycle. As well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body feels better so, too, will your mind. Exercise and ADHD Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Instead of thinking about other things, pay close attention to the physical sensations in your joints and muscles, even your insides as your body moves. Exercises that involve cross movement and that engage both arms and legs – such as walking especially in sand, running, swimming, weight training, or dancing – are some of your best choices. Outdoor activities like hiking, sailing, mountain biking, rock climbing, whitewater rafting, and skiing downhill and cross-country have also been shown to reduce the symptoms of PTSD. Other mental and emotional benefits of exercise Sharper memory and thinking. The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline. Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful. Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep. Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise a day, and increase your workout as you feel more energized. When faced with mental or emotional challenges in life, exercise can help you cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviors that ultimately only make your symptoms worse. Regular exercise can also help boost your immune system and

reduce the impact of stress. Reaping the mental health benefits of exercise is easier than you think. Wondering just how active you need to be to get a mental health boost? You can reap all the physical and mental health benefits of exercise with minutes of moderate exercise five times a week. Two minute or even three minute exercise sessions can also work just as well. Even just a few minutes of physical activity are better than none at all. Start with 5- or minute sessions and slowly increase your time. The key is to commit to do some moderate physical activity—however little—on most days. As exercising becomes habit, you can slowly add extra minutes or try different types of activities. If you keep at it, the benefits of exercise will begin to pay off.

Be a weekend warrior A recent study in the UK found that people who squeeze their exercise routines into one or two sessions at the weekend experience almost as many health benefits as those who work out more often. Get moving whenever you can find the time—your mind and body will thank you! That you breathe a little heavier than normal, but are not out of breath. For example, you should be able to chat with your walking partner, but not easily sing a song. That your body feels warmer as you move, but not overheated or very sweaty. But taking that first step is still easier said than done. Here are some common barriers and what you can do to get past them. But the truth is that physical activity is a powerful energizer. Studies show that regular exercise can dramatically reduce fatigue and increase your energy levels. If you are really feeling tired, promise yourself a 5-minute walk. If you have children, managing childcare while you exercise can be a big hurdle. Just remember that physical activity helps us do everything else better. If you begin thinking of physical activity as a priority, you will soon find ways to fit small amounts in a busy schedule. Exercise helps you get in shape. If you have no experience exercising, start slow with low-impact movement a few minutes each day. Feeling bad about yourself. Are you your own worst critic? No matter what your weight, age or fitness level, there are others like you with the goals of getting fit. Try surrounding yourself with people in your shoes. Take a class with people at a variety of fitness levels. Accomplishing even the smallest fitness goals will help you gain body confidence.

Chair Exercises and Fitness Tips Feeling pain. If you have a disability, severe weight problem, arthritis, or any injury or illness that limits your mobility, talk to your healthcare provider about ways to safely exercise. Divide your exercise into shorter, more frequent chunks of time if that helps, or try exercising in water to reduce joint or muscle discomfort. When we feel depressed, anxious, stressed or have other mental or emotional problems, it can be doubly difficult. This is especially true of depression and anxiety, and it can leave you feeling trapped in a catch situation. So, what can you do? Better to set yourself achievable goals and build up from there. Schedule your workout at the time of day when your energy is highest. That may be first thing in the morning before work or school, or at lunchtime before the mid-afternoon lull hits, or in longer sessions at the weekend. If depression or anxiety has you feeling tired and unmotivated all day long, try dancing to some music or simply going for a walk. Even a short, minute walk can help clear your mind, improve your mood, and boost your energy level. You may even feel energized enough to exercise more vigorously—by walking further, breaking into a run, or adding a bike ride, for example. Any activity that gets you moving counts. That could include throwing a Frisbee with a dog or friend, walking laps of a mall window shopping, or cycling to the grocery store. Activities such as gardening or tackling a home improvement project can be great ways to start moving more when you have a mood disorder—as well as helping you become more active, they can also leave you with a sense of purpose and accomplishment. That may be a quiet corner of your home, a scenic path, or your favorite city park. Reward yourself with a hot bubble bath after a workout, a delicious smoothie, or with an extra episode of your favorite TV show. Make exercise a social activity. Exercising with a friend or loved one, or even your kids will not only make exercising more fun and enjoyable, it can also help to motivate you to stick to a workout routine. Think about physical activity as a lifestyle rather than just a single task to check off. Look at your daily routine and consider ways to sneak in activity here, there, and everywhere. In and around your home. Clean the house, wash the car, tend to the yard and garden, mow the lawn with a push mower, sweep the sidewalk or patio with a broom. At work and on the go. Bike or walk to an appointment rather than drive, banish all elevators and get to know every staircase possible, briskly walk to the bus stop then get off one stop early, park at the back of the lot and walk into the store or office, take a vigorous walk during your coffee break. Pick fruit at an orchard, boogie to music, go to the beach or take a hike, gently stretch while watching

television, organize an office bowling team, take a class in martial arts, dance, or yoga. These tips can help you find activities you enjoy and start to feel better, look better, and get more out of life. Recommended reading Physical Activity and Mental Health â€” Details how being active can help depression and other mental health issues. Royal College of Psychiatrists The Exercise Effect â€” Discusses the mental health benefits of exercise and why it should be used more frequently in mental health treatment. American Psychological Association Exercising to Relax â€” How physical activity and autoregulation exercises can help reduce stress.

Chapter 6 : 10 Happiness Quotes to Lift Your Mood | LifeDaily

Exercise can be a great way to lift your mood and improve your emotions. When you exercise, your body feels more relaxed and calm. Find out some of the reasons and the best exercises to lift your mood and balance your emotions.

Podcast Transcript Hello and welcome to Nutrition Facts – the podcast that brings you the latest in evidence-based nutrition research. What does the best available balance of evidence published in the peer-reviewed medical literature show right now? Our first story reveals the findings of one of the most comprehensive controlled trials of diet and mood. This study found that a plant-based nutrition program in a workplace setting across ten corporate sites significantly improves depression, anxiety, and productivity. Well, eating vegetarian does give you a better antioxidant status, which may help with depression. Overweight men and women were randomized into a low-carb high-fat diet, or a high-carb low-fat diet for a year. The low-carb dieters are represented by the black circles and the low-fat dieters are represented in the white. These sustained improvements in mood in the low-fat group compared with the low-carb group are consistent with results from epidemiological studies showing that diets high in carbohydrates, low in fat and protein are associated with lower levels of anxiety and depression, and have beneficial effects on psychological wellbeing. Their arachidonic acid intake fell to zero. It may inflame our brain. High blood levels in the bloodstream have been associated with a greater likelihood of suicide risk, for example, and major depressive episodes. How can we stay away from the stuff? Overweight or diabetic employees of a major insurance corporation received either weekly group instruction on a whole food plant-based diet or no diet instruction for five and a half months. There was no portion size restriction, no calorie counting, no carb counting, no change in exercise. No meals were provided, but the company cafeteria did start offering daily options such as lentil soup, minestrone, bean burritos. More participants in the plant-based intervention group reported improved digestion, increased energy, better sleep than usual at week 22 compared with the control group. They also reported a significant increase in physical functioning, general health, vitality, and mental health. There were also significant improvements in work productivity, thought to be due, in large part, to their improvements in health. So, what this study demonstrated was that a cholesterol-free diet is acceptable, not only in research settings, but a typical corporate environment, improving quality of life and productivity at little cost. Ten corporate sites across the country from San Diego to Macon, Georgia, same kind of setup as before. Can a plant-based nutrition program in a multicenter corporate setting improve depression, anxiety, and productivity? Significant improvements in depression, anxiety, fatigue, emotional wellbeing, and daily functioning. Lifestyle interventions have an increasingly apparent role in physical and mental health, and among the most effective of these is the use of plant-based diets. Aerobic exercise may also help in the treatment of depression. In fact, exercise was found to be comparable to antidepressant medication in the treatment of patients with major depression. Well, we know physical activity has been associated with decreased symptoms of depression. For example, if you look at a cross section of 8, people across the country, those that exercised regularly were less likely to have a major depression diagnosis. If you look at that study, the researcher openly admits this may be a case of reverse causation. Men and women over 50, major depression, were randomized to either do an aerobic exercise program for four months, or take an antidepressant drug called Zoloft. What about the exercise-only group, no drugs? Not so fast, though. They had the exercise group folks come in three times a week for a group class. Maybe the only reason the exercise group got better is because they were forced to get out of bed, interact with people, maybe it was the social stimulation and had nothing to do with the actual exercise. But nothing like that had ever been done, until it was. The largest exercise trial of patients with major depression conducted to date, and not just including older persons, but other adults as well, and three different treatment groups this time: So, we can say with confidence that exercise is comparable to antidepressant medication in the treatment of patients with major depressive disorder. Unfortunately, while studies support the use of exercise as a treatment for depression, exercise is rarely prescribed as a treatment for this common and debilitating problem. Neither antioxidant or folic acid supplements seem to help with mood, but the consumption of antioxidant-rich fruits and vegetables and folate-rich beans and greens may lower the risk for

depression. Accumulating evidence indicates that oxidative free radicals may play important roles in the development of various neuropsychiatric disorders, including major depression. For example, in a study of nearly 2,000 Canadians, greater fruit and vegetable consumption was associated with lower odds of depression, psychological distress, self-reported mood and anxiety disorders, and poor perceived mental health. They conclude that since a healthy diet comprised of a high intake of fruits and vegetables is rich in antioxidants, it may consequently, you know, dampen the detrimental effects of oxidative stress on mental health. But that was just based on asking how many fruits and veggies people ate. If you measure the levels of carotenoid phytonutrients in nearly 2,000 people across the country, a higher total blood carotenoid level was associated with a lower likelihood of elevated depressive symptoms, and there appeared to be a dose-response relationship, meaning the higher the levels, the better people felt. Lycopene, the red pigment predominantly found in tomatoes, but also present in watermelon, pink grapefruit, guava, papaya, is the most powerful antioxidant among the carotenoid family. The researchers conclude that a tomato-rich diet may have a beneficial effect on the prevention of depressive symptoms. Only food sources of antioxidants were protectively associated with depression, not antioxidants from dietary supplements. Although plant foods and food-derived phytochemicals have been associated with health benefits, antioxidants from dietary supplements appear to be less beneficial and may, in fact, be detrimental to health. This may indicate that the form and delivery of the antioxidants are important. Alternatively, the observed association may be due not to antioxidants at all, but rather to other dietary factors, such as folate, that also occur in fruit, vegetables, and plant-rich diets. In a study of thousands of middle-aged office workers, eating lots of processed food was found to be a risk factor for at least mild to moderate depression five years later, whereas a whole-food pattern was found to be protective. Yes, it could be because of the high content of antioxidants in fruits and vegetables but could also be the folate in greens and beans, as some studies have suggested an increased risk of depression in folks who may not have been getting enough. But since then, a number of cohort studies were published following people over time and low dietary intake of folate may, indeed, be a risk factor for severe depression—“as much as a threefold higher risk. Note this is dietary folate intake, not folic acid supplements, so they were actually eating healthy foods. These kinds of findings point to the importance of antioxidant food sources rather than dietary supplements. But there was an interesting study giving people high-dose vitamin C, also known as ascorbic acid. The vitamin C, but not placebo, group experienced a decrease in depression scores and also greater FSI. FSI evidently stands for penile-vaginal intercourse, an acronym that makes no sense to me. In the placebo group, those not living together had sex about once a week, and those living together a little higher, once every five days, but no big change on vitamin C, but those not living together, on vitamin C, every other day! The differential effect on non-cohabitants suggests that the mechanism is not a peripheral one, meaning outside the brain, but a central one—“some psychological change which motivates the person to venture forth to have intercourse. The mild antidepressant effect they found was unrelated to cohabitation or frequency, so it does not appear that the depression scores improved just because of the improved FSI. If the amino acid tryptophan is the precursor to the so-called happiness hormone, serotonin, why not just take tryptophan supplements to improve mood and relieve symptoms of depression? The year before, it was this study: The Association between Dietary Patterns and Mental Health in Early Adolescence, showing improved behavioral scores significantly associated with higher intakes of leafy green vegetables and fresh fruit. Could any of this be because of the psychoactive substances found in plant foods? Back in the 1960s, they did tryptophan-depletion experiments, where you give people specially concocted tryptophan-deficient diets and, indeed, their mood suffers. They get irritable, annoyed, angry, depressed, right? Likewise, you can give people tryptophan pills to improve their mood and, indeed, it became a popular dietary supplement, until people started dying from something called eosinophilia myalgia syndrome, an incurable, debilitating, and sometimes fatal, flu-like neurological condition, caused by the ingestion of tryptophan supplements. May have been due to some unknown impurity, but, better safe than sorry. Thanks for listening to this episode of Nutrition Facts. To see any graphs, charts, graphics, images, or studies mentioned here, please go to the Nutrition Facts podcast landing page. Everything on the website is free. I just put it up as a public service, as a labor of love, as a tribute to my grandmother, whose own life was saved with evidence-based nutrition. Thanks for listening to

Nutrition Facts.

Let friends in your social network know what you are reading about. Facebook Email Twitter Google+ LinkedIn Pinterest. 5 ways to improve your winter mood. Beat those cold weather blues.

How you handle situations impacts your attitude, your happiness and your quality of life. Here are some tips for looking at the "glass half-full. Attitude Caregiving is stressful, time-consuming and depressing. But you have a choice every day as to how you will approach the day. Life throws us many curve balls, but the one thing you can control is your attitude. A famous quote by Charles Swindol sums it up: We cannot change our circumstances. We cannot change that people will act in a certain way. The only string we have to play is our attitude. We are in charge of our attitude. You can be happy wherever you are. Make faces to your kids or in the mirror. In other words, do something that makes you smile. The purpose of our lives is to be happy. However, you are only as happy as you make up your mind to be. You control your happiness; no one else does. Focus on the love you have to give People seek and enter relationships wanting to be loved. And being loved is one of the best experiences in life. But do you love yourself? Loving another person, and all the giving and caring that go along with loving, can be more fulfilling than being loved. Focusing on the love that you have to give will change every relationship in your life. Breathe Breathing is a no-brainer, right? Consciously focusing on your breathing and taking deep breaths can relieve stress and increase relaxation immediately. Place one hand on the abdomen and one hand on the lower ribs. Practice filling up those areas with air. In other words, take a breath that starts in your abdomen and works its way up your body. Control your breathing by breathing in for 3 to 5 seconds, hold for the same amount of time and exhale then exhale the air out through your mouth slowly. Do this for 3 minutes and you will feel the stress melt away. Have a shoulder to cry on Who do you turn to when you need a shoulder to cry on, a hand to hold, or a friend to listen? Those of us who have just a couple of people we can always count on, should consider ourselves lucky. Face fear head on It is the unfamiliarity of uncharted waters which causes us the most distress. If we choose to constantly fight change, we will struggle our entire lives. We need to find a way to embrace these changes or at the least accept them. Hope is something we create. We each have within us the capacity to generate hope. Celebrate yourself Honor yourself every day. Build self-esteem and self-confidence and enhance feelings of self-love. With better self-esteem and self-love, you can find inner peace and will have more confidence to face the curve balls that life has thrown your way. Believing in yourself and recognizing your strengths and limitations will go a long way in your ability to set goals and boundaries for yourself and for your loved ones. Each day presents a new struggle we must grapple with. If we try to redefine our personal definition of peace, and look for ways to incorporate it into our everyday lives, we might find a way to weather the storms. Find peace among the chaos Find your own personal space. Every one needs some alone time. Make time to be alone with your thoughts and refresh your spirit. Use the office, the den, the back porch—even the basement and turn it into your own personal retreat. Use your time - even if its only 15 a minutes a day - to relax, practice your deep breathing, meditate - whatever works for you.

Chapter 8 : 14 Simple Recipes To Uplift And Improve Your Mood - By Oily Design

Is it really possible to improve your mood by eating more of certain things or maybe less of other things? According to research it is, and this is why. When study participants eating a vegetarian diet were compared with participants eating meat, fish and poultry daily and a group eating fish times a week [].

Nelson is currently not accepting new patients. If you are a former patient that is inactive but would like to speak to Dr. Nelson, please call for availability. Cognitive-Behavioral therapy is a counseling approach that stresses that individuals are disturbed by faulty or distorted irrational thinking that leads to emotional disturbances and self-defeating behaviors. Cognitive-Behavioral therapists work with individual, couples, and groups. We seek to help you learn tools and techniques that you can then take and apply to real life situations and problems. Cognitive-Behavioral Therapy clinical research shows that this is not the whole story. For the past 50 years CBT has shown that people can get better and function at a higher level when they dispose of self defeating and irrational processes in thinking, in emotional reactions, and behaviors. Therapy will require effort on your part. I will work vigorously with you to help dispose of the thought and other processes that seem to paralyze you or with problems that seemingly never improve. We work to help you get better rather than just feel better for a little bit. This approach to therapy consists of regular visits, readings, written exercises, and other homework designed to help you overcome your presenting problems. It was originated in by Dr. Albert Ellis, one of the foremost Psychologists of all time. With this as my basic approach I add in other Cognitive-Behavioral tools and techniques developed by a variety of other clinicians in our field. My approach is to work as efficiently and effectively as possible to help you achieve your goals and overcome obstacles. I welcome your input, feedback, and questions throughout the therapy process. You will notice that this kind of therapy is different than what you might be used to. Generally the therapist is very active-directive. This means I will be interacting with you by giving you instruction in Cognitive-Behavioral techniques, feedback on what you are currently doing which is not helpful, working on practical problem solving skills, and how to challenge and restructure your thinking processes. How to Begin The first step is to set up an evaluation appointment. You can download the pre-appointment forms for your initial evaluation from this page. You will then need to call the office to schedule a time to meet with me. You will be accepted as a patient based on that initial evaluation assuming we agree this sounds like a step you want to take at this time and that I think you can benefit from this therapy. I do not accept every evaluated patient nor do I think that everyone is suited for this therapy approach. For this reason I ask you to bring an open mind and all the questions you may have to this initial appointment. It is my sincere desire for you to get better, overcome the obstacles in your life, and to learn tools that you can use long after our time together is over. The initial evaluation is an opportunity for the therapist to gain information about you, your history, your reason for coming to the office, and your goals for therapy. It is also a time for you to ask questions of the therapist. If things look good then we can move forward with a plan to address the presenting problems. I appreciate your taking time to learn about my practice of psychotherapy and welcome your inquiry into Cognitive-Behavioral Therapy. Please explore this site, check out the links and materials I recommend. Best wishes to you on your journey.

Chapter 9 : 32 Ways to Improve Your Mood (Right Now) - The Inspiration Lady

This simple daily exercise, from leading positive psychology expert Martin Seligman, is a one-minute mood lifter that has been proven to improve life satisfaction levels. 7. Watch a cat or dog video.

We all NEED to be around other people, if only for a little while. Even if you like to be alone you should not be alone all the time. The way you look affects the way you feel. If you look great you feel great. I get my head shaved once per week. Western women are all living the life of a feminist. They act the opposite of the way they are designed to act and now they are all mentally ill, miserable and depressed. The opposite is true for a lot of men. They act like dainty little fairies instead of adult men. Friends, let me make a bold but true statement for you: The other day I was getting a massage and the masseuse called another woman over just to feel my muscular, thick thighs. They are all flabby or skinny dweebs who have never had muscle. It makes more of a difference than you could ever imagine unless you saw it with your own eyes. There are these clueless guys on the internet who always talk about PUA or Game baloney. Keep your body clean, lean and mean. You will be rewarded. You should act like more of a faggot. When I DO watch a movie I always watch the same few: Predator, Rocky, Pumping Iron. If I never saw a movie ever again for the rest of my life I would not care. I completely gave up television years and years ago. TV is not designed to better you or make you happy or fulfill you. Listen to something positive that fires you up. Music has a HUGE effect on your mood, the more sad baloney you listen to the more sad you will feel. Turn that frown upside down and put on some happy tunes. Or read inspiring blogs or other works. I have two basic rules about what I read: It must be inspiring or it must enable me to learn something. The most pathetic people I have ever met in my life are the people who work in an office but spend all day reading celebrity gossip. All the morals that you think are yours and your decision alone are not. They are the morals that have been decided for you and taught to you by your school teachers and your television. Testosterone is immoral, we all know this. What sense does this make? Testosterone is the key male hormone and the key to male health and vitality. It must be wrong to use artificial hormones to alter your own hormones, yeah? Tell this to the millions of women who use estrogen in the form of the birth control pill. You must decide for yourself what is moral and what is not. You must do the research yourself and you must be the sole decider about what is right and wrong. Relying on what everyone else is doing is for the foolish the weak and the stupid. Political correctness makes you take the side of the degenerate and morally weak and side against the strong who hold real values of family, self preservation and self reliance. PC is for the weak. When you give in to it you were weak to begin with or you become weak. Of course, there is another side to this: This is why you shouldâ€¦ 10 Start your own business There are a billion reasons to start your own business and make your own money. Why any smart and able man would want to work in a field that rewards women and blacks just for being women and blacks is beyond me. How any man could sit through sensitivity training and be worried about sexual harassment charges is beyond me. Why any man would work his tail off to make another man rich is beyond me. When you start your own business and make your own money you also make your own rules. Why any man would follow the rules set by mentally ill, self-hating liberals is beyond me. Try to say nigger or faggot at your job and see what happens. Say goodbye to the corporate world, say goodbye to Hollywood filth and say goodbye to what all the slack-jawed baboons think is important. A new car will make you happy for about a week, until it becomes an old car. Complete and total government control of our love life. Will you marry me? The law will rape you if you get a divorce.