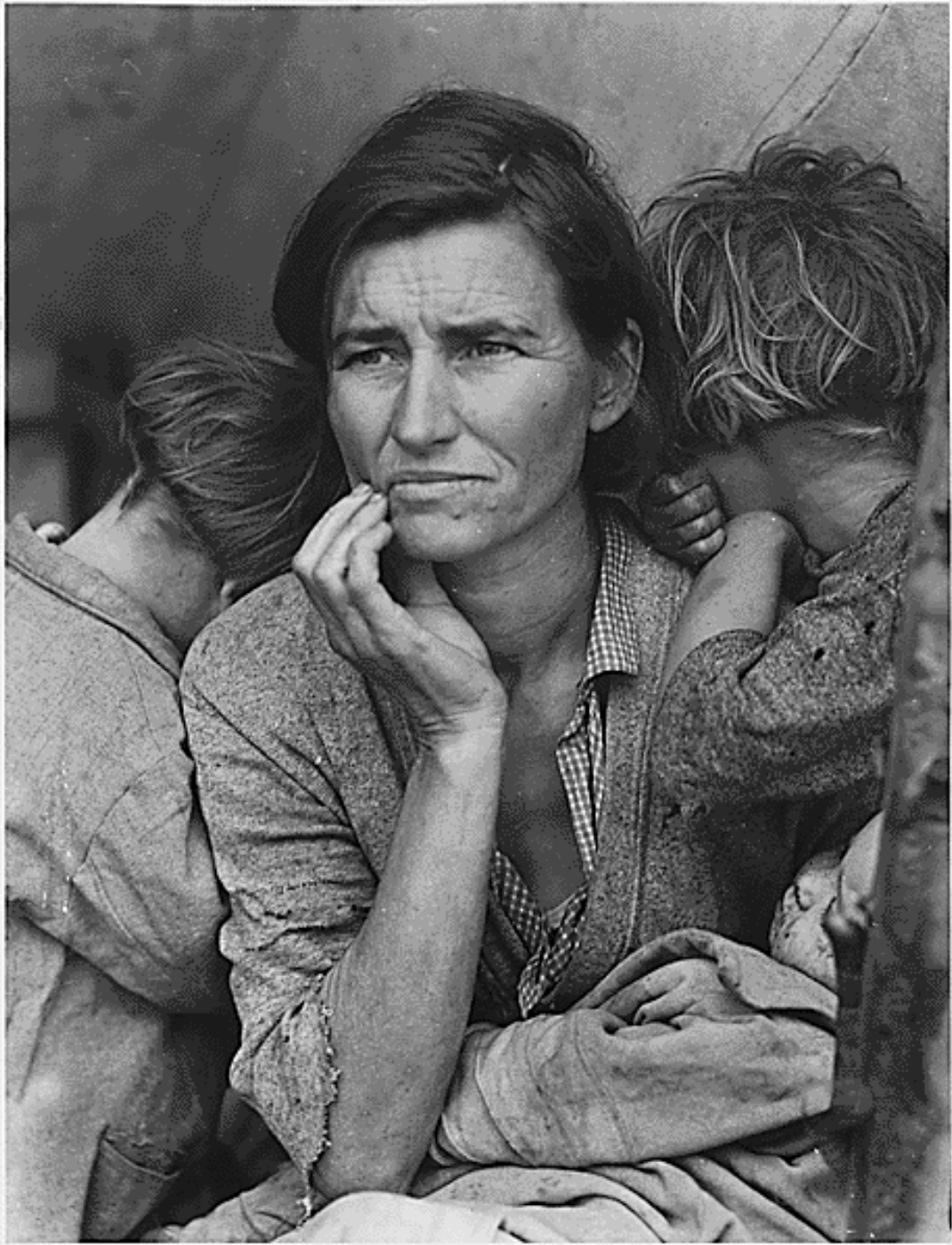


SADNESS, LOSS, HELPLESS, HOPELESS, RESENTMENT - DEPRESSION



Emotional Alignment Therapy (EAT) is effective in overcoming the negative emotions that create the feelings of depression. Sadness is the cornerstone of depression. Without it, depression cannot exist. Other negative emotions that may be part of depression include: loss, helplessness, hopelessness, resentment and anger.

In addition to therapy, you can also adopt these behavioural methods to assist coping with the symptoms of depression.

- * Recent research shows regular exercise can reduce symptoms of depression as effectively as drugs. Make healthy exercise a part of your quit cigarettes program.
- * Increase your intake of B group vitamins. People with either low blood levels of the B-vitamin folic acid, or high blood levels of the amino acid homocysteine, (a sign that you are not getting enough B6, B12 or folic acid) are both more likely to be depressed and less likely to get a positive results from anti-depressant drugs.
- * A Canadian study found that waking up with the sun correlates with decreased levels of depression. Exposure to sunlight promotes feelings of well-being.
- * Deficiencies in magnesium and omega 3 fatty acids may worsen depression.
- * Saint John's Wort (*Hypericum perforatum*) and Jasmin have been shown in clinical trials to be effective in reducing the symptoms of depression.
- * Regular drinking alcohol and depression do not mix.
- * Strong social support reduces depressive symptoms. Enlist the support of your family and friends.
- * Interaction with a pet e.g. a dog. May raise the body's levels of oxytocin, a hormone that is believed to foster happiness.
- * Commitment and spiritual faith can speed recovery from depression.
- * Overweight people are twice as likely to be depressed. The effects of exercise on depression are most pronounced at the start of a new exercise program.
- * Regular sleep patterns are a good sign of recovery.
- * Meaningful relationships decrease severity of depression.
- * Act Belong Commit - www.actbelongcommit.org.au
- * Stress makes depression worse. Smoking causes stress.
- * Exercise promotes self-confidence, positive body image and increased mood elevating serotonin levels. I suggest you walk, walk and walk some more – at least 30 minutes every day. Walk until your feet and legs ache. Then, next day, walk some more.
- * Anti-depressant drugs are less effective than exercise in preventing the return of depression.
- * You are up to 8 times more likely to be depressed if you have a first degree relative who is depressed.
- * The emotional basis of depression is 'loss and sadness'. Other associated negative emotions may include; 'hopelessness, helplessness and anger'. Resolve those negative emotions and the depression cannot exist. See www.HypnosisBoutique.com.

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