

Ways to Beat Depression

with

THE WOMXN OF COLOR THERAPY TEAM

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Easy Quick Hacks:

- Make sure you are sleeping enough
- Eat healthy to maintain your energy levels and increase certain brain chemicals
- Make time for self-care, burn out can cause depression too
- Talk to a friend or family member
 - Try a new activity or hobby
 - Practice gratitude daily
 - Be social



Holistic Healing:

Dopamine, the reward chemical:

- Complete a task and celebrate the little wins

Oxytocin, the love chemical:

- Play with a pet or baby, hold someone's hand, hug someone you love, give out compliments and accept them

Serotonin, the mood stabilizer:

- Meditate, sun exposure, walk in nature, do fast paced cardio exercises

Endorphin, the pain killer:

- Pretend to laugh until it is real, smell essential oils, watch a comedy, eat dark chocolate, exercise



Natural Supplements:

- **5-HTP** (5-hydroxytryptophan) helps raise your brain's serotonin level.
- **SAMe** (S-adenosyl-L-methionine) is a compound made naturally by the body which helps produce serotonin, melatonin, and dopamine.
- **Vitamin B6 & B12** help produce and control the chemicals that influence mood and other brain functions.
- **Vitamin D**, the sunshine vitamin, people with depression tend to have low vitamin D levels.



Medications:

- Effexor (venlafaxine)
- Cymbalta (duloxetine)
- Prozac (fluoxetine)
- Zoloft (sertraline)
- Celexa (citalopram)

*ALL raise levels of serotonin in the brain



Depression Signs and Symptoms

A persistent feeling of sadness or loss of interest. Changes in sleep, appetite, energy level, concentration, daily behavior, or self-esteem are all included too. Depression can also entail crying spells, lack of motivation, and feelings of hopelessness.

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www.woctherapy.com

