

# DEPRESSION NATURAL APPROACHES FACT SHEET

Page 1



## VITAMINS AND SUPPLEMENTS

St. John's Wort, Omega 3 or Krill Oil, 5 HTP, Vitamin B-12, many of the B-vitamins, vitamin D and others.  
(Depression Free Naturally)



## LIGHT THERAPY

- 1 The therapeutic dose with a light therapy box is 10,000 LUX.
- 2 Sit in the light for 30-60 minutes daily in the morning when you get up.



## EXERCISE

A minimum of 30 minutes of exercise 3-5 days per weeks is recommended for good brain health.



## KEEP YOUR BRAIN IN SHAPE

Crossword puzzles, games, musical instruments and social connections are believed to be good for your health and mental health.

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Page 2



## SLEEP

- 1 Try to go to bed early and get up early.
  - 2 If you have trouble sleeping, a sign of depression, take a close look at your sleep hygiene to see if some changes in your environment or routine may help.
- A No caffeine after 5 PM
  - B No alcohol most evenings
  - C Turn off the phone and computer two hours before bedtime
  - D Aromatherapy – lavender is the scent for relaxation and sleep



## MINDFULNESS

- 1 Mindfulness is about being present in the moment.
- 2 With depression, people often live in the past where they re-hash regrets or guilt.
- 3 Mindfulness can help you learn ways to redirect your attention to the present and break the cycle of repetitive thoughts and rumination.



## STOP OBSESSIVE THOUGHTS

The antidote to ruminating (thinking about something over and over) is to do something – take action. Find someone to talk to or something to do that is unrelated.

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