

7 All Natural Depression Relief Tips

By Dianne Ruth, Ph.D.



Eighty-five percent of anxiety sufferers also struggle with depression. Overwhelming fear mixed with feelings of sadness, hopelessness and low energy are some of the symptoms. Try one or more of the suggestions that follow. They may help you to feel more in control, stimulated and animated. Use these techniques as often as you wish.

- 1. Raggedy Anne exercise.** Very slowly bend forward from the waist, as much as you comfortably can, while standing or sitting. Keep your knees bent; let your head and arms hang down. Imagine all tension and negativity flowing down your arms, into your hands and out your finger tips onto the floor. Very gently shake your body without bouncing your spine.
Next, lift your arms very slowly toward the ceiling, bending backward slightly. Keep your gaze above eye level. Take a few slow deep breaths and imagine drawing energy into your fingertips from above, and feel it flowing throughout your body. You will feel highly invigorated.
- 2. Keep a journal.** When you record your private thoughts, feelings and experiences in a journal, you are externalizing them. You may use paper, your computer, an audio recording device, a video camera, draw pictures. Later, when you review your journaling work with your eyes and ears (yes, talk out loud to yourself), your entries will be reintroduced back into your mind and automatically reprocessed, giving you a fresh perspective, new insights and clarity into your life. This is one of the most powerful self-help tools around.
- 3. Volunteer.** Think about the activities you enjoy most and the kind of people you relate to best. Find an opportunity to offer your time and services. There are thousands of opportunities. Doing this gives you motivation and a sense of achievement, empowerment and a welcome connection with others.
- 4. Eat more protein.** When we get stressed, our bodies tend to crave junk food that is high in carbohydrates, which in turn fuel feelings of depression. By having a high protein snack instead such as cheese or nuts, we can usually satisfy the carbohydrate cravings, and feel more up and energized.
- 5. Clean out a drawer or other space.** Sort out a junk drawer, closet, trunk of your car or something else. As you discard unwanted items, tell yourself that you are “getting rid of the old to make way for the new.” This activity programs the subconscious mind to create a desire and motivation for seeking positive change. It also serves as an unconscious metaphor for de-cluttering your life and giving you a feeling of being back in control.
- 6. Get grounded.** Depression comes from living in the past with a “should a’,” “could a’,” “would a’” mind set. Anxiety is worrying about the future and living in the land of the “what if’s.” Look around at your surroundings and identify several objects by name and color. This task focuses you in the “here and now,” the “present” and “being in the moment.” Within this space, there is profound inner peace. Practicing this exercise frequently can help to shift your attention into a more positive place.
- 7. Gamut spot.** This meridian point is located on the back of the hand, between and just above the knuckles, about one-half inch toward the wrist, in the valley between the two thin long bones of the ring and baby finger. Gently tap or massage this spot about 100 times or more, (and no, you do not have to count), You will discover a gentle shifting of energies and an improved sense of well being.

The above tips are designed to help manage feelings of anxiety and related depression naturally. They are not intended to replace the help of a trained professional.

Copyright © by Dianne Ruth, Ph.D. All rights reserved.

DR. DIANNE RUTH

PhD in Psychology • Anxiety Care Coach & Alternative Counselor

Email: DrRuth@AnxietyCareCoach.com • **Website:** AnxietyCareCoach.com • DynamicResources.net

Mobile (619) 961-7500 • All Sessions by Phone