

# Natural Cures for Anxiety and Depression

Depression and anxiety can cause your life to feel like it's caving in on you and you have nowhere to run. While these conditions often exist together and can create deep rivers of stress that flow throughout various areas of your life, there are natural remedies that can help reduce and even eliminate the negativity. Consider the following methods for reducing anxiety and depression.

## Create Routines and Goals

When you're depressed, everything feels like a struggle. It is for precisely this reason that structured routines and clearly-defined goals can help you wade through the muck. In addition, structure gives you something to fall back on when motivation lags. Finally, setting goals can help you keep your eye on something you look forward to in the future, something to work toward. Anticipation promotes optimism.

## Exercise

While rigorous exercise produces endorphins, even something as simple as a short walk can calm your mood and provide a heart-healthy boost. The body craves movement, so everything from dance to weight training to yoga increases your health and well-being. Depressed individuals are less likely to feel motivated to exercise, and this is precisely why they should. Getting out and moving can often help shake off a dark mood, and the satisfaction of accomplishing something mentally and physically challenging can be a boost unto itself. Getting out and moving in nature is even better! Nature has been proven to alleviate depression simply by being in the midst of it.

## **Reboot Your Diet**

We are what we eat, and for those with chronic depression, food becomes particularly important. Depression and anxiety can originate from poor nutrition, so making sure you are getting enough B vitamins, magnesium, calcium, and vitamin D are essential to balancing your mood and evening out your emotional responses. For individuals living in the Pacific Northwest, Vitamin D is particularly important, as we do not activate our natural stores as often due to reduced sun exposure during the long, rainy winter months. A naturopathic physician can help you develop self-care routines and examine your diet in more detail, aiding you in determining what best to eliminate from your diet and what to keep.

## **Increase Sleep**

There's a reason that cults use sleep deprivation to emotionally manipulate their members. Missed sleep can produce highly detrimental states of mind, particularly in those who are prone to depression. When you are exhausted, you're much less likely to ignore the lure of negative thinking. In addition, you'll have less energy to seek productive, mood-enhancing behaviors like exercise and natural healing. Aim for 8 hours per night for positive results.

## **Stay Involved in Your Life**

Depressed individuals often fall off the wagon in terms of keeping up with friends, participating in activities they love, etc. However, these are the very uplifting exchanges that are vital for feeling supported and loved. Do your best to engage in conversation or activity with one person you care about every single day, and do your best to continue to attend to your job and your various responsibilities. The more you invest in your life, the more it will give back.

# Eliminate Negative Thinking

Negative thoughts cause negative feelings. Vow to identify and reduce all negative thinking by keeping a thought journal. Each time you experience a negative feeling, identify the thought behind it. Then, create a positive, believable thought with which to replace it. By running through your mental patterns, you'll be more likely to maintain a positive outlook and move forward with enthusiasm.

Depression and anxiety can be strong adversaries, but you are always stronger. Consider the above strategies your guide to natural health and wellbeing!

## Recommended Reading:

- *How Candida Leads to Depression, Anxiety, ADHD, and Other Mental Disorders*
- *Insomnia – A Comprehensive Look with Natural Remedies*
- *Understanding Stress, Chronic Stress, and Adrenal Fatigue*