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**5 Super Effective Tips To Kill Depression**

By Michael Lee

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Being lonely is a normal part of our everyday lives. We get sad when we fail in our exams, when we're rejected by the person we love, or when someone very close to us passes away. Depression, however, could be more fatal than just plain loneliness. It could render life-long consequences that could ruin your self-esteem, health, and well-being.

Here are some superb tips to conquer the melancholy mood and get the most bliss out of your daily activities.

1) Get Enough Light and Sunshine.

Lack of exposure to sunlight is responsible for the secretion of the hormone melatonin, which could trigger a dispirited mood and a lethargic condition.

Melatonin is only produced in the dark. It lowers the body temperature and makes you feel sluggish. If you are always cooped up in your room (with the curtains closed), it would be difficult to restrain yourself from staying in bed.

This is the reason why many people are suffering from depression much more often in winter than in the other seasons. It's because the nights are longer.

If you can't afford to get some sunshine, you can always lighten up your room with brighter lights. Have lunch outside the office. Take frequent walks instead of driving your car over short distances.

2) Get Busy. Get Inspired.

You'll be more likely to overcome any feeling of depression if you are too busy to notice it. Live a life full of inspired activities.

## 5 Super Effective Tips To Kill Depression

Do the things you love. If you're a little short on cash, you could engage in simple stuffs like taking a leisurely stroll in the park, playing sports, reading books, or engaging in any activity that you have passion for and would love to pursue.

Set a goal – a meaningful purpose in life. No matter how difficult or discouraging life can be, remain firm and have an unshakable belief that you are capable of doing anything you desire. With this kind of positive attitude, you will attain a cheerful disposition to beat the blues.

### 3) Take a Break.

I mean it.

Listen to soothing music. Soak in a nice warm bath. Ask one of your close friends to massage you.

Take a break from your stressful workload and spend the day just goofing around. In other words, have fun.

### 4) Eat Right and Stay Fit.

Avoid foods with lots of sugar, caffeine, or alcohol. Sugar and caffeine may give you a brief moment of energy; but they would later bring about anxiety, tension, and internal problems. Alcohol is a depressant. Many people would drink alcohol to "forget their problems." They're just aggravating their conditions in the process.

Exercising regularly is a vital depression buster because it allows your body to produce more endorphins than usual. Endorphins are sometimes called "the happy chemicals" because of their stress-reducing and happiness-inducing properties.

### 5) Get a Social Life.

No man is an island. Your circle of friends are there to give you moral support. Spending time and engaging in worthwhile activities with them could give you a very satisfying feeling. Nothing feels better than having group support.

Never underestimate the power of touch. Doesn't it feel so good when someone pats you on the back and gives you words of encouragement during your most challenging times? Hug or embrace someone today. You'll never know when you have saved another life.

Get intimate. Establish close ties with your family and friends. The love and care expressed by others could tremendously boost your immune system and fend off illnesses. Best of all, you'll live a more secured and happy life.

Michael Lee is the author of "How To Be A Red Hot Persuasion Wizard," an ebook designed to easily seduce others to like you, fully improve your relationships, multiply your profits, win negotiations, and attain complete freedom and power. Visit

and grab a sample chapter.

### **Depression And How To Avoid It**

**By Malcolm Moorhouse**

Depression can affect the working ability, family and social life of a person. This is why we should never try to ignore or hide depression. It is important to be aware of the symptoms, the causes and what possibilities we have to try and prevent it in our lives.

Each of us has had a depressing sad moment at some point in our lives. Depression is a normal human reaction associated with bereavement, pressures of life or maybe the break up of a relationship. Sometimes the feeling of sadness passes but sometimes it doesn't, if it becomes more persistent it can lead to depression. Diseases of the nervous system are very serious and that is why it is important not to ignore depression and to get proper help when we realize there is a problem.

Listed below are some symptoms of depression:

\* Feeling sad \* Loss of energy \* Loosing hope in life \* Not finding pleasure doing the things you used to love \* Can't concentrate \* Always crying \* Sleeping a lot \* Can't sleep \* Loss of appetite

What causes depression? This is a complicated question because there isn't a single cause for depression. This is a complex disease that can appear as a result of multiple causes. Depression can also be transmitted among people that are close to each other, by influence.

There is proof that people suffering from depression suffer brain changes. There is also evidence that illustrates how depression can also be genetic. Children can be affected by parents who suffer from. Also it seems that parents whose children suffer from chronic depression are more likely to be affected themselves by this illness.

To prevent depression we have to know ourselves very well. Treatable depression can be hard to prevent once we are already down in the dumps. The best method to avoid another crisis after a chronic depression is to keep our eyes open for its symptoms and its causes. If we feel we are loosing control then getting professional help would be the right direction to take.

Malcolm Moorhouse is a Psychic and Reiki teacher with more than 16 years experience. Web:

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