

# WHAT TO DO WHEN LIFE SEEMS TO KEEP RAINING ON YOU?

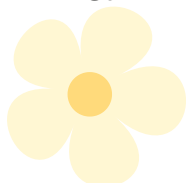


## Do April showers really bring May flowers?

The temperatures are FINALLY warming up, the sun is coming out, and the birds are chirping. Somehow, you are still feeling a bit in a slump. It feels like life is pouring down on you, even if it is sunny outside. What should you do? *Here are five tips that will help you combat the not-so-seasonal depressive symptoms.*

### Talk to someone you trust

While this may be a bit self-explanatory, talking to someone you trust is one way to help organize and process the struggles you are facing. When we reframe from communicating what is bothering us, we can begin to over analyze and create situations within our mind that are not reality. Sharing our thoughts will not only help us verbalize our thoughts, but can help us with seeing the bigger picture of our struggles. Whether it is a family member, friend, or mental health professional, discussing your struggles is beneficial!



### Time to shine!

According to an article written by Mead (2008), there are several benefits of direct sunlight for your body. One of the most known facts is that the sun delivers Vitamin D, which helps strengthen bones. Health experts from Healthline.com recommended approximately 10-20 minutes of sunlight exposure several times throughout the week. For maximum efficiency, sunlight is best absorbed during midday. Make sure to utilize sunscreen or an SPF to avoid damages caused by over exposure to the sun.

### Fuel your body

Diet and nutrition are key components to ensuring both your physical and mental health are at it's best. Whenever depressive symptoms arise, it can have a negative affect on appetite and overall nutrition. Studies have shown a positive relationship between healthy foods and improved symptoms of depression. Researchers recommend adding food such as:

- Fish
- Poultry (turkey, chicken, etc.)
- Veggies
- Probiotics
- vitamins D and B

### Naturally increase dopamine

Dopamine is one of the neurotransmitters, or chemical messengers in our brain, that is associated with memory, reward, mood, and behavior regulation. When dopamine levels are low, it can sometimes display as depressive symptoms. Here are some ways to naturally boost dopamine levels:

- Exercise often
- Get ample sleep
- Listen to your favorite music
- Create!
- Meditate/Deep breathing
- Explore the outdoors!

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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.