



MENTAL HEALTH DOCTOR

FEELING DEPRESSED OR ANXIOUS?

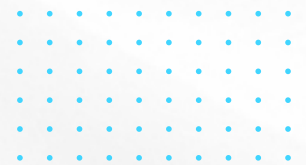
**5 natural ways to
improve your mood**

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Hey! My name is Efosa Airuehia, but most people call me Dr. Air. I am quadruple Board-Certified with certifications in Psychiatry, Child & Adolescent Psychiatry, Addiction Medicine, and Lifestyle Medicine.

Over the last 20 years, I have treated thousands of people with mental disorders. Such conditions include depression, anxiety, PTSD, bipolar disorder, ADHD, autism, addiction to illicit substances, and several other disorders.

As a proponent of Lifestyle Medicine, I consider treating each individual as a whole. This process ensures total body wellness and is proven to improve mental conditions



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5 NATURAL WAYS TO IMPROVE YOUR MOOD

Please read on to discover how to improve your mood and control your anxiety naturally. If you are interested in more videos related to mental health and wellness, subscribe to our **YouTube Channel - @MentalHealthDoctor_**



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Simplified evidence-based information on mental health and wellness. Hosted by Dr. Air, a quadruple Board-Certified physician (General Psychiatry,...

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**MENTAL HEALTH
INFORMATION
SIMPLIFIED**

EVERY SATURDAY

with Dr. Air



1. NUTRITION

Food is medicine! Macronutrients and micronutrients from healthy food are essential for a healthy brain. They help with your brain chemicals like serotonin, dopamine, and norepinephrine.

Consider the following -

- Increase your intake of vegetables, nuts, and whole grains.
- Increase your fiber intake
- Cut down on highly processed foods
- Cut down on trans fats
- Cut down on sugar-sweetened beverages
- Focus on eating a rainbow of whole foods
- Limit red meat
- Cut down on alcohol, caffeine, and energy drinks
- Drink water! You need to rehydrate.
- Consider multivitamins to prevent micronutrient deficiency
- Consider these online resources- Healthy Eating Plate & MyPlate
- Include a source of omega-3 fatty acids in your diet daily.



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HEALING WITH SUPPLEMENTS

Four helpful supplements are-

- Omega-3/Fish Oil
- Multivitamins
- COQ10
- Probiotics

Supplements are products taken by mouth that contain a “dietary ingredient” to supplement the diet. They include vitamins, minerals, herbs or botanicals, and amino acids.

Supplements can be powerful tools, delivering profound health benefits. Practitioner-grade non-GMO supplements are best because they are not genetically modified and are of higher quality.

The government does not regulate supplements. As a result, cheaper supplements often contain fillers, synthetic forms of vitamins, and reduced concentrations of the main ingredients.

Pharmaceutical-grade supplements are also called practitioner-strength or medical-grade supplements. This is because they are made by following the same standards as prescription drugs. These supplements boast superior quality as their ingredients list must match those within the product. They also do not contain harmful toxins and are better absorbed by the body.



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2. EXERCISE

Exercise helps you heal your body and remain healthy. It also has the added benefit of boosting the release of endorphins, sometimes referred to as the "feel-good hormones."

Aerobic activities help more with the release of endorphins. Examples are brisk walking, running, cycling, swimming, tennis, and basketball.

The American College of Lifestyle Medicine recommends at least 150 mins of moderate-intensity aerobic exercise per week. And this can be broken up as you see fit. An example would be exercising 30 mins daily, five days a week.

Exercising has numerous benefits - including brain health, weight management, disease reduction, strengthening your bones and muscles, improving sleep, reducing depression and anxiety, and increasing your chances of living longer. So, get moving today.



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3. SLEEP

Optimal sleep is achieved through quantity and quality. It is essential to have reasonable amounts of all four sleep stages – Stage 1, Stage 2, Stage 3, and REM sleep.

10 quick sleep hygiene tips are –

1. Diet. Some foods inhibit your sleep. Examples are spicy foods and foods high in sugar and refined fats. You also want to avoid heavy meals before bedtime.
2. Exercise – studies show regular exercise helps with sleep. Exercising for 15–30 minutes daily is enough to benefit you.
3. Light – get some sunlight in the daytime if you can, and in the evening, you want to dim the house lights so your body begins to wind down.
4. Electronic devices like phones, tablets, and computers emit blue light. These can block the release of the sleep hormone melatonin. So, avoiding using devices for at least 1 hour before bedtime is best.
5. Bedroom temperature – your body temperature drops to its lowest point at night. Studies show that setting your thermostat lower in the 60–70 F range helps with sleep.
6. Noise, such as dogs barking and traffic, can be drowned out with white noise from a machine or phone app.
7. Your bedroom color can affect your sleep. Yes, it can. So you want to pick a color which makes you feel calm.
8. Stick with a set time for going to bed and waking up. Consider changing your mattress, as this can make all the difference.
9. Before bedtime, avoid alcohol, coffee, tea, and diuretics. Diuretics are medications that make you pass urine.
10. Wind down before bedtime. Do something relaxing like taking a bath, reading a book, meditating, and doing yoga.





4. STRESS MANAGEMENT

It is essential to manage your stress so you do not feel overwhelmed. Stress can aggravate your depression or anxiety.

It is important to consider the following -

- Cut yourself some slack!
- Consider working on your environment and getting rid of things and situations that have the potential to make your life stressful.
- Focus on positive things as much as you can. Do things that make you happy.
- Consider getting a pet such as a dog or cat.
- Call family and friends.
- Watch funny videos or movies.
- Consider Journaling! This is a great stress relief tool. A study showed that writing down your thoughts for 15-20 minutes daily can help lower your blood pressure and relieve stress.
- Spend as much time as you can in nature. Walking in the woods, park, or on the beach, if you live near one, can do you a lot of good.
- Stress creeps up on you, so as soon as you notice you are getting stressed, try moving away from the stressor and doing something positive that makes you happy.
- Consider counseling or coaching





5. ALCOHOL, DRUGS, NICOTINE & CAFFEINE

Substances like drugs and alcohol can make your anxiety and depression worse.

It is essential to consider the following -

- Abusing drugs like cocaine, meth, opioids, designer drugs, alcohol, etc have severe effects on your physical and mental health.
- The consumption of alcohol is associated with a variety of short- and long-term risks, including anxiety and depression. The more alcohol you consume, the more the risk. The recommendation, if you must drink, is to drink in moderation. This means no more than two drinks a day for men and one drink a day for women.
- Binge drinking refers to five or more alcoholic drinks for males or four or more alcoholic drinks for females on the same occasion - that is, at the same time or within a period of 2 hours.
- Alcohol affects the various stages of your sleep cycle. It can worsen your sleep pattern, which contributes to making your depression and anxiety worse.
- Cigarette smoking can be addictive due to nicotine in cigarettes. Nicotine is known to worsen anxiety. Consider cutting down on cigarette smoking or, better still, quitting.
- Caffeine, found in coffee, is a stimulant. Its effects can linger for hours, even after your last drink.
- Beware of energy drinks. They contain large amounts of caffeine and can keep you stimulated and anxious.





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DISCLAIMER

This content does not establish a physician-patient relationship. It is for informational purposes only and not intended to be medical advice from me. Please see your doctor if you have any mental disorders requiring treatment. Call 911 or go to the nearest ER if you have thoughts of hurting yourself or others.



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