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Things you can do to Improve your Mental & Emotional Health

- **Resolve Sleep Issues**

- Studies show that after resolving insomnia, 87% of people experienced improvement in their depression symptoms and their symptoms disappeared after 8 weeks.

- **Develop an Exercise Regimen**

- Research has shown that people who exercise regularly tend to be more resistant to many mental illnesses. Exercise can help treat current symptoms and prevent future symptoms as well. This does not have to be difficult. As little as 30 mins a day for 3 days out the week can be very helpful. Start small! The opposite of depression is movement. Movement does not have to be a chore, be creative!!!

- **Nutrition**

- (This area is so important) Our stomach sends more messages to our brain than our brain sends to our stomach. Meaning an upset gut can literally put you in a bad mood and stressed. Take your VITAMINS!!! Make sure you are taking daily vitamins that include b12,

Supplements/minerals for mental health (*warning, consult your physician before adding any supplements to your diet.)

- **Magnesium *glycinate** (Anxiety & Depression) 60% of the population does not get enough. Anxiety depletes magnesium and low magnesium causes anxiety and depression. Recommended daily doses; for women 310-320mg and for men 400-420mg for men. (Found in pumpkin seeds or buying capsules)
- **Ashwagandha** (Stress and anxiety)
- **Probiotics** *for gut health. (Found in capsules, yogurt, sauerkraut, pickles, kombucha) Take capsules on empty stomach before eating.
- **Prebiotics** (onion, garlic, walnut, oily fish, bananas, wine, oats).
- *Things that promote bad bacteria or an unhealthy gut (processed foods, red meat, sugar, fast food, certain medications, age, lack of sleep, and activity level.

***Always consult your physician before taking new supplements**

- **Yoga**

- Research shows that yoga is more effective in treating the symptoms of PTSD than any psychotropic medicine.

- **Learn to Regulate your Body & Emotions**



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- Deal with emotions and feelings in a healthy way, stop avoiding them!! Develop an awareness for how you feel, make space for your emotions. Accept, forgive, and then let go. Also, begin to bring awareness around emotions that you tend to have often. More often than not, these emotions are from childhood, and they have not been resolved.
- **Become aware of your body**, cultivating an understanding of what it feels like to be stressed vs calm, and learning how to move your body intentionally through a stressed or calm state. Most of us are very separate from our bodies, meaning we are not aware of the physiological sensations our bodies have; therefore, we are unaware when we need to take action to calm ourselves down. This skill can be practiced by using body meditation and progressive muscle relaxation. Also, simply by attuning to our bodily sensations, meaning become aware of them. This helps us know when to use a regulation skill to get us back to a desired state when stressed or under extreme emotions.
- **Healthy Thinking/Self-esteem**
 - Stop negative self-talk, and unhealthy thinking patterns. This means learning to talk to yourself like a caring parent or best friend. Cultivate mindfulness, separate self from thoughts, “you are not your thoughts!!” Therefore, you do not have to believe them. Practicing **meditation and mindfulness exercises daily** can help you become aware of your thoughts, and then make the decision on which thoughts you want to choose to believe.
 - Additionally, affirmations are one of the best ways to help reduce negative thinking and increase positive thinking. The best times to listen or say affirmations are right when we wake up or before we go to sleep.
- **Develop Self-love and Compassion**
 - This is one of the most important steps in healing. Love and accept yourself for who you are, despite mistakes and imperfections. Learn to give yourself compassion and grace through all circumstances. Understand that you are valuable and have always been!
 - Our goal is to get to know who we are today and how we got here. This is done through understanding ourselves, having compassion towards how we got here, and then love for ourselves. Self-love is the only door to healing. No way around it!
- **Resolve past trauma and grief.**
 - Most of us are stuck in the past and don’t realize it. Until we face past griefs and unresolved trauma, our bodies and minds will be in the past and responding



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from it. We must face what has hurt us, so that we can resolve and move forward.

- **Develop a Sense of Purpose**
 - Develop an understanding of personal values and live in accordance with those values! Set goals and accomplish them. Cultivate integrity; meaning that your thoughts, emotions, and actions are all aligned.
- **Social Support**
 - Connect with others, ask for help when needed, develop positive relationships with friends and family. Feelings of love and Intimacy with others. This is the number one factor that protects individuals from the lasting effects of PTSD.
- **Natural Sun Light and Air**
 - We were not created to be indoors or behind a computer screen all day. When we deny ourselves natural resources, like the sun, air, and water we starve ourselves from the very thing that was intended to keep us healthy and thriving.



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Resources:

Murck H. (2013). Ketamine, magnesium and major depression--from pharmacology to pathophysiology and back. *Journal of psychiatric research*, 47(7), 955–965.

Gendle, M. H., & O'Hara, K. P. (2015). Oral magnesium supplementation and test anxiety in University undergraduates. *Journal of Articles in Support of the Null Hypothesis*, 11(2), 21+.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5449130/>

<https://clinicaltrials.gov/ct2/show/NCT00839813>

Book: the Body Keeps the Score

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2848393/#:~:text=Table%201%20%20%20Study%20%20,SCL-90-R%20depression%20subscale%20%2018%20more%20rows%20>