

Title:

Kill Your Depression - Five 5 Super Effective Tips

Word Count:

590

Summary:

Being lonely is a normal part of our everyday lives. We get sad when we fail in our exams, when

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

1) Get Enough Light...

Keywords:

Article Body:

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1) Get Enough Light and Sunshine.

Lack of exposure to sunlight is responsible for the secretion of the hormone melatonin, which

Melatonin is only produced in the dark. It lowers the body temperature and makes you feel sluggish

This is the reason why many people are suffering from depression much more often in winter than

If you can't afford to get some sunshine, you can always lighten up your room with brighter lights

2) Get Busy. Get Inspired.

You'll be more likely to overcome any feeling of depression if you are too busy to notice it.

Do the things you love. If you're a little short on cash, you could engage in simple stuffs like

Set a goal - a meaningful purpose in life. No matter how difficult or discouraging life can be

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 your

4) Eat Right and Stay Fit.

Avoid foods with lots of sugar, caffeine, or alcohol. Sugar and caffeine may give you a brief

Exercising regularly is a vital depression buster because it allows your body to produce more

5) Get a Social Life.

No man is an island. Your circle of friends are there to give you moral support. Spending time

Never underestimate the power of touch. Doesn't it feel so good when someone pats you on the back

Get intimate. Establish close ties with your family and friends. The love and care expressed by

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