

Did you know...

Omega 3 fatty acids are vital for your overall health and help prevent glaucoma, and these are found in salmon, tuna and trout. Winter squash also contains them. Oysters carry more zinc than any other seafood; beef, pork, and chicken also carry zinc. Lean meats and poultry deliver the zinc that makes the protective melanin.

^Depression (From Previous Page)

fuel to function, but the type of food is important as well.

Alcohol, for instance, is something that can make you feel good temporarily, but the effects do not last longer than a few moments because alcohol is a depressant. Alcohol interferes with the chemical balance in your brain and ultimately ends up doing more harm than good.

Exercise also helps manage depression symptoms. A

simple walk in the evening, a bike ride to a friend's house, a friendly ballgame, all count as exercise. Getting up and being active triggers dopamine and serotonin chemicals in your brain that naturally make you feel happier and more energetic. This also benefits blood circulation, weight loss, and keeps your body in shape. Most of these activities are outdoors as well; fresh air and vitamin C contribute to boost-

ing serotonin levels.

Finding a good accountability group or person is also beneficial. Talking about things that are weighing heavy on your mind and heart can be such a relief. Talking to someone who genuinely wants to see you a happier and healthier person lifts a burden off your mind.

Seek out the people who will listen to you and help you find ways to overcome

the emotions you are having. Spending time with people who make you feel good about yourself and make you happy are the most beneficial.

Depression is normal.

All those who have it suffer in their own ways. Getting help and finding healthy ways to deal with it is one of the most courageous and responsible things someone can do.

Be a friend. Tell a friend. Depression stops here.



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