



### DIAL IT UP, TRY SOMETHING SMALL

Your mental health can be improved by adding a few small changes to your daily routine. These small changes are easy to add because don't require much effort. *You'll just be turning up the dial a little.* So, give it a go: add something new, something small, to your routine. It will help!

*Try these ideas:*

1. Go for a short walk before breakfast.
2. Take fish oil supplements.
3. Do five deep breaths after each meal.
4. Go to bed 30 minutes earlier.

### YOU HAVE YOUR OWN UNIQUE PATH!

Just like everyone else: you are unique. Chances are you don't know what works well for you. The only way is to try things.

You might find you love exercise. Or getting a dog changes your life. Or cutting sugar from your diet, or joining a prayer group, or learning to play trumpet, or changing medication, or going for therapy. Try things. Find what works for YOU!

### IT DIDN'T WORK? TRY SOMETHING ELSE!

Try and try again. Once you try to make a change to reduce your depression, don't give up if the first solution doesn't work. Try something else and if that doesn't work, try something else. Persevere. Try anything you can think of, no matter how little you believe that it will work.

Any attempt, even if it fails, is better than no attempt.

### WHY DON'T I WANT TO BOTHER TRYING?

That may be because of a psychological phenomenon called Learned Helplessness. Learned helplessness is associated with depression. It describes that desire to retreat to your bed and just give up on trying to impact the world. It robs you of your agency, sense of purpose, and feeling of hope. You find yourself deep in a hole.

There is a way to escape its depths and that is to soldier on regardless. Put one foot in front and keep trying, persevere, try another option, don't give up. You have more options to try.

You CAN build a happier life. So, pause... take a deep breath... and try something else.

### NEEDING IDEAS FOR THINGS TO TRY?

Medication, CBT, meditation, fish oil, no-sugar diet, more vegetables, daily exercise, more sleep, 5HTP, gardening, peer support, breathing exercises, changing your doctor, sex, turmeric, yoga, gratitude lists, making new friends, letting go, writing letters, magnesium oil, mindfulness, affirmations, more water, daily routine, prayer, talk therapy, massage, dark chocolate, 12-step meetings, getting a pet, B complex, trusting the process, singing, personal research, routine, light therapy, Omega-3 oil, hypnotherapy, lavender oil, journaling, Epsom salt bath, TED talks, time in nature, zinc, dance lessons, light box, getting up earlier, stretching, taking a holiday, more time with friends, home-cooking. etc...

*I hope you find the information on this factsheet helpful. If you have any questions email moodfoodmove at: [moodfoodmove@gmail.com](mailto:moodfoodmove@gmail.com) 😊*