

5 Surprising Ways to Fight Depression

From writing about your emotions to allowing yourself to wallow in them, these ideas may help boost your mood and fight depression.

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New Ways to Feel Less Depressed

You know that medication and talk therapy are conventional treatments for depression. But did you know that little parts of your daily routine can also serve as mood boosters?

From a life coach to a professional counselor, we asked a number of experts what else you can do to help lift your mood. Although these suggestions aren't meant to replace traditional medication or psychotherapy, they can be done in conjunction with medical interventions to improve depressive symptoms. Some are unconventional, while others are as simple as picking up a pen and paper. Still, they all share the same goal: Helping you understand, accept, and acknowledge your emotions so you can start feeling better.



Try Meditation "People diagnosed with depression may be able to experience some immediate relief by meditating," says **John Salat**, a certified transformational leader, certified Reiki teacher, and the author of *Tao: Art of Flow*. "Meditation promotes mental freedom by separating the very attachment of thoughts that don't serve our well-being."

Backing up **Salat's** belief, a study published in the Journal of Psychiatric Practice in 2012 found that meditation in conjunction with traditional depression treatment is beneficial for stress management and general psychological health in people with depression and anxiety.

Where to start? Find some time where you can just sit still. Set your posture, close your eyes, and breathe slowly in and out through your nose. If you find your mind wandering, choose an object of meditation, even if it's as simple as listening to yourself breathe.



Practice Reiki: Reiki, which originated in Japan, is another complementary approach to boosting mood. This approach involves hand placements on the body and is believed to promote stress reduction, relaxation, and healing by balancing energy. A University of London study in 2011 found that participants with high anxiety or depression showed improvement in overall mood after having six 30-minute Reiki sessions over a period of two to eight weeks.

"One hour of Reiki is equivalent to hundreds of hours of meditation, without the traditional grind of sitting still," **Salat** explains. "Reiki clears, straightens, and opens the energy pathways to allow the life force to flow in most easily." **Salat** says that in addition to releasing the body of built-up energy, Reiki is believed to help relieve pain, soothe shock, calm the mind, and accelerate the body's natural ability to heal itself. Continue article <http://www.everydayhealth.com/health-report/major-depression-resource-center/surprising-ways-fight-depression-pictures.aspx#/slide-1>