

Important Facts and Research in under 60 seconds

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HOME HEALTHCARE

Blue Monday: Fighting depression, anxiety

The third Monday of the year has been coined 'Blue Monday', while feelings of depression do seem to increase at this time of year, depression can hit at anytime.



The good news is that we can use our own body's reward/pleasure systems to combat this.

These neurochemicals play a vital role in both mental and physical health, affecting everything from our emotional states and social interactions to our ability to cope with stress and pursue goals.

By understanding and actively managing these neurotransmitters, you can make lifestyle choices that contribute to a healthier and more fulfilling life.

Dopamine (the short-lived reward chemical)

- High protein diet
- Early morning sunlight
- High quality sleep
- Regular exercise
- Meditation/Listening to music

Oxytocin (the love hormone)

- Hugs/affection
- Give/receive gifts
- Speaking with and spending time loved ones/friends

Serotonin (mood stabilizer)

- 20-30 minutes of sun exposure
- Meditation, gratitude
- Time in nature
- Exercise
- Protein in diet

Endorphins (pain reliever)

- Laughing, watching comedy
- Exercise
- Dark Chocolate
- Aromatherapy
- Spicy foods

Check out our weekly podcast hosted by Brian Harmon, PT, MBA and Jo Alch, RN with Joy Care Management.



A show on all things Senior Care with important topics and guests to help improve the health and quality of life of seniors.

Available on YouTube, Facebook and iTunes.

Contact us to inquire about our results and/or how our approach helps meet the needs of your patients and families.