

Low Spirits

Symptoms

- Profound sadness
- Despondency
- Loss of interest for usually appreciated activities

Depression is an emotional state that can have a variety of origins. It makes the person feel sad, discouraged, he or she becomes pessimistic, sometimes irritable and may feel like not being important for anyone. Being dispirited differs from depression in its shorter duration. A severe depression may lead to suicidal thoughts. Depression, regardless of its severity, has to be treated by a physician; the faster the diagnostic is made, the faster the cure.

Recommended products



St-John's Wort

St. John's wort is the plant for relieving low to moderate depressive states. Its benefits are largely recognized.

[learn more >](#)



St. John's wort interacts with many drugs. Consult your physician or talk to your pharmacist before starting St. John's wort if you are taking other drugs.



Omega-3 Extra Strength

Omega-3 fatty acids, especially EPA, help promote a positive mood balance in case of low spirits.

[learn more >](#)



B Complex

Some depression may be due to a lack of B vitamins. This B vitamin combination product can help if the depressive mood is due to a deficiency in B vitamins.

[learn more >](#)

Health recommendations page

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Low Spirits

Health Recommendations

Diet

Obviously, supplying the body with all the nutrients it may need to function properly is quite important during a depression. Some nutrients, such as omega-3 fatty acids, antioxidants, B vitamins and minerals are key to ensure a healthy nervous system. Some dietary deficiencies can lead to depression; avoid fast foods as much as possible.

Stress Management

Learn how to identify the first signs of exhaustion and seek rapidly for help. This will help avoid relapses and facilitate recovery.

Physical Exercise

Although it is hard to be motivated during a depressive episode, regular physical activity will definitely improve mood. During physical activity, hormones called endorphins are released by the body, which provide a sensation of well-being.

Sleep

Getting enough sleep and rest is essential to a rapid recovery. Adopt a healthy sleep pattern by getting a regular sleep routine and do not hesitate to take a nap in the afternoon.

Other

People that are more demanding about their own performance often tend to suffer from more depressive episodes in their life than other people. Don't be too severe with yourself and learn to enjoy life's little things in your pursuit of happiness. When the objectives are set too high, chances of disappointment are higher, and frustrations are more common. Aiming for modest or more realistic goals will help stabilize emotions.

Basic Tips

Visiting a trusted psychotherapist is also a major element to understand the origin of a depressive state and get over it more effectively. Support groups are also organised by health care institutions (such as hospitals) for depression. In combination with the medical treatment, light therapy has also proven effective. In fact, the best way to get over a depression is to combine many different approaches and treatments.



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