



Coping with Depression and Anxiety

During this time of national crisis, Americans are experiencing more signs and symptoms of depression, anxiety and fear than normal. For many people, the unpredictability surrounding COVID-19, along with disruption of routine, financial pressures, social isolation, and loneliness exacerbates anxiety and depression.



The National Institute for Mental Health defines depression as a common but serious mood disorder that negatively affects how you feel, think, and handle daily activities such as sleeping, eating, and working. Symptoms include a persistent sad, anxious or "empty" mood, irritability, and feelings of guilt and pessimism. Anxiety brings symptoms such as chronic worry, restlessness and insomnia, feelings of dread, tense muscles, nausea, and palpitations.

Finding ways to cope with the uncertainty that's accompanying COVID-19 and easing symptoms of depression and anxiety is very important. Try these self-care strategies to improve your mental and physical health:

- Eat nutritious foods
- Get enough sleep
- Exercise regularly
- Avoid alcohol and tobacco
- Limit screen time
- Relax and recharge
- Maintain a regular schedule
- Focus on positive thoughts
- Draw strength from spiritual support
- Seek professional help if needed

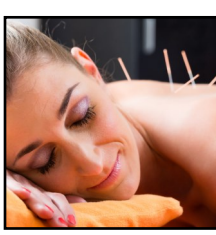
There are many complementary and alternative treatments for depression and anxiety that have been found effective such as massage therapy, relaxation therapy, acupuncture, meditation and dietary supplement therapy. Some of the supplements that may improve symptoms are: St. John's Wort, Rhodiola rosea, saffron, curcumin, magnesium, hops, probiotics, vitamin D, sage, omega-3 fatty acids, and fish oil.



[The Effects of Probiotics on Depression](#)



[Lavender Oil Shows Therapeutic Efficacy for Generalized Anxiety Disorder](#)



[Acupuncture and Counseling Similarly Effective in Alleviating Depression](#)



[Sleep Quality is Linked to Anxiety Disorders](#)

Upcoming Event

WEBINAR: Copper and Zinc Imbalances in Mental Disorders – Protocols for Normalizing Blood & Brain Levels

Dates: June 19 or 24, 2020

This LIVE webinar is aimed at educating medical professionals in diagnosis and treatment of copper and zinc imbalances that can impair brain function. Advanced nutrient therapy protocols will be taught including dosages for normalizing copper-zinc levels in the brain, safety considerations and patient after-care.



[Click here to register and learn more!](#)

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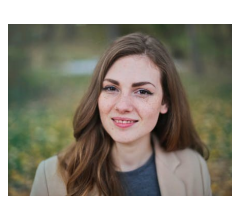
Effectiveness of High and Low Doses of Chloroquine Diphosphate in SARS-CoV-2 Infection

Written by Joyce Smith, Staff Writer. This study evaluates the safety and efficacy of two chloroquine diphosphate (CQ) doses in patients with severe COVID-19. [Read more »](#)



Botanical Combination Attenuates Light-Induced Retinal Damage

Written by Angeline A. De Leon, Staff Writer. Supplementation with a botanical combination of black currant, lutein ester, chrysanthemum, goji berry extracts, and zeaxanthin protected against retinal damage due to fluorescent light exposure in rats. [Read more »](#)



Oral Collagen Improves Skin Hydration, Elasticity and Wrinkles in Women

Written by Jessica Patella, ND. A fish-derived collagen peptide (LMWCP) improves skin elasticity, hydration and wrinkling in UVB radiation-damaged skin. [Read more »](#)



Promising Coronavirus Research Looks at Elderberry

Written by Patrick Massey, MD, PhD. Laboratory research suggests elderberry may actively prevent the binding of COVID-like viruses to cells, thus limiting the potential for infection. [Read more »](#)



Long-term Dietary Flavonoid Intake May Reduce Alzheimer's Disease and Related Dementias

Written by Joyce Smith, Staff Writer. Twenty years of consuming small amounts of flavonoid rich foods such as apples, berries and tea doubled and even quadrupled the risk of developing Alzheimer's disease (AD) and Alzheimer's disease related dementias (ADRD) compared to consuming higher amounts of flavonoid rich foods. [Read more »](#)

Holistic Insights on Covid-19

An informed opinion by our featured guest, Sarah Hung, ND, MSOM, L.ac., on integrative approaches to the Covid-19 crisis.

[Herbal Strategies Used in Chinese Hospitals to Treat SARS Coronavirus Patients](#)

[6 Antiviral Nutrients and Their Effects on Coronavirus](#)

[Inspiring Innate Immunity During COVID-19 Times](#)



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