DEPRESSION

Cascade Counseling and Wellness
www.cascadewellness.live

About Depression

Depression is more than just occasional sadness — it's a mental health condition that can impact mood, energy, motivation, sleep, appetite, and daily functioning. It may cause feelings of hopelessness, loss of interest in activities, and difficulty completing tasks. Depression is diagnosed by a mental health professional using specific symptoms and criteria.

Mindfulness

- Stimulating Pressure
- Deep Reflexology
- Reduce Screen Time
- Focused Right Nostril Breathing

Move Your Body

- Aerobic Exercise
- Yoga

Culinary and Nutrition Support

ADD to your diet and routine:

- Chocolate
- Raw Butter
- Fermented Foods
- Spinach
- Figs
- Coffee

ELIMINATE from your diet:

- Refined Foods

TIPS:

- Stabilize blood sugar
- Improve gut health

DISCLAIMER: The information provided here is for educational purposes only and is not a substitute for professional diagnosis, treatment, or medical advice.

National Suicide and Crisis Line: 988
National Suicide Prevention Hotline: 800-273-8255