

## HABITS OF MENTALLY HEALTHY PEOPLE



A healthy mind requires healthy habits. With the start of a new year, think about how many of these habits are part of your routine?

### *Daily Exercise*

Studies have proven time and time again that exercise is an effective treatment for depression. So, get moving and get that norepinephrine pumping!

### *Adequate Sleep*

People with insomnia have a ten fold risk of developing depression compared to those who sleep well. Aim for around 8 hours of sleep per night.

### *Healthy Diet*

Research shows that eating nutrient rich food full of vitamins and minerals lowers your risk for depression. With better nutrition we are more prepared to face the challenges of the day.

### *Healthy Relationships*

Avoid emotional vampires! make it a point to spend time with people who are positive and supportive of you. Positive energy is contagious and healthy!

## DEPRESSION: A POSITIVE MESSAGE?

Depression and traumatic circumstances can cause a person to question their beliefs about the world, who they are, and how they think about their daily lives. For those who have been diagnosed with depression the message is usually not rosy. Yet there is another side to depression, a positive side - it can be the catalyst for profound growth.



Research has shown there are at least three positives about depression that we can remind ourselves: 1) Depression as a challenging life event induces growth, 2) The challenge of depression helps build mental strength and fortitude, and 3) As a traumatic experience, depression causes an upheaval of a person's beliefs and leads to the reconsideration of existing beliefs and a new perspective on what really matters.

Depression is nothing if not challenging! but there is another side to depression. It doesn't have to be debilitating, and when diagnosed properly and treated, it can bring about some positive growth.

## CONCERNED FOR YOURSELF OR A LOVED ONE?

Alternative Behavioral Care has skilled and experienced clinicians ready to answer your questions about mental health or chemical dependency for you or a loved one, ages 4 and above. Call our office at 636.477.6111 or our patient concierge at 636.634.5711.



You can also log onto our website at [Alternative Behavioral Care](http://www.AlternativeBehavioralCare.com) to schedule a free mental health consultation. Let us help!

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