

Weekly Wisdom

Grow the Green for You and Your Team



"Although the world is full of suffering, it is also full of the overcoming of it." — Helen Keller

7 Habits to Lower Your Risk of Depression

A study of 300,000 people gives us insight into lowering our risk of depression. Of course, serious depression must be treated, but science is finding that habits and behaviors can help many of us.

Rest is power. Sleeping 7-9 hours a night reduced the risk of depression by 22%.

Exercise is an elixir. "People who exercise regularly report fewer days of bad mental health."

Good nourishment is key. A salad a day reduced college students' depression. Eat greens, veggies, berries, grains, lean

proteins to reduce your risk of depression. Avoid ultra-processed foods & sugary stuff.

Limit alcohol and don't smoke. Alcohol is a central nervous system depressant, not a "pick me up."

Limit sedentary time. Reduce screen time. Humans are meant to move.

Make friends and social connections through hobbies. Hanging out with people we like, doing things we like, is a win-win for our mental health. Bird watching, knitting, running...what else?