

Fending off the holiday blues

Tom Gallagher | Nov. 24, 2009 NCR Today

Holidays bring sadness and depression, as well as joy and happiness. As we approach Thanksgiving and Christmas, it's worth recognizing that exercise, diet and mental tricks can fend off some of the seasonal sadness.

Here's [a good story](#) [1] about how "some of your basic, everyday choices?what to eat, when to snack, what vitamins to take, how to exercise (or not)?have profound effects on your mood. Making small changes may even alleviate serious depression (which 25 percent of all women experience at some point) as well as garden-variety blues and blahs."

It's worth the read. Happy Thanksgiving.

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Links:

[1] <http://health.msn.com/health-topics/depression/articlepage.aspx?cp-documentid=100248033>1=31009>