



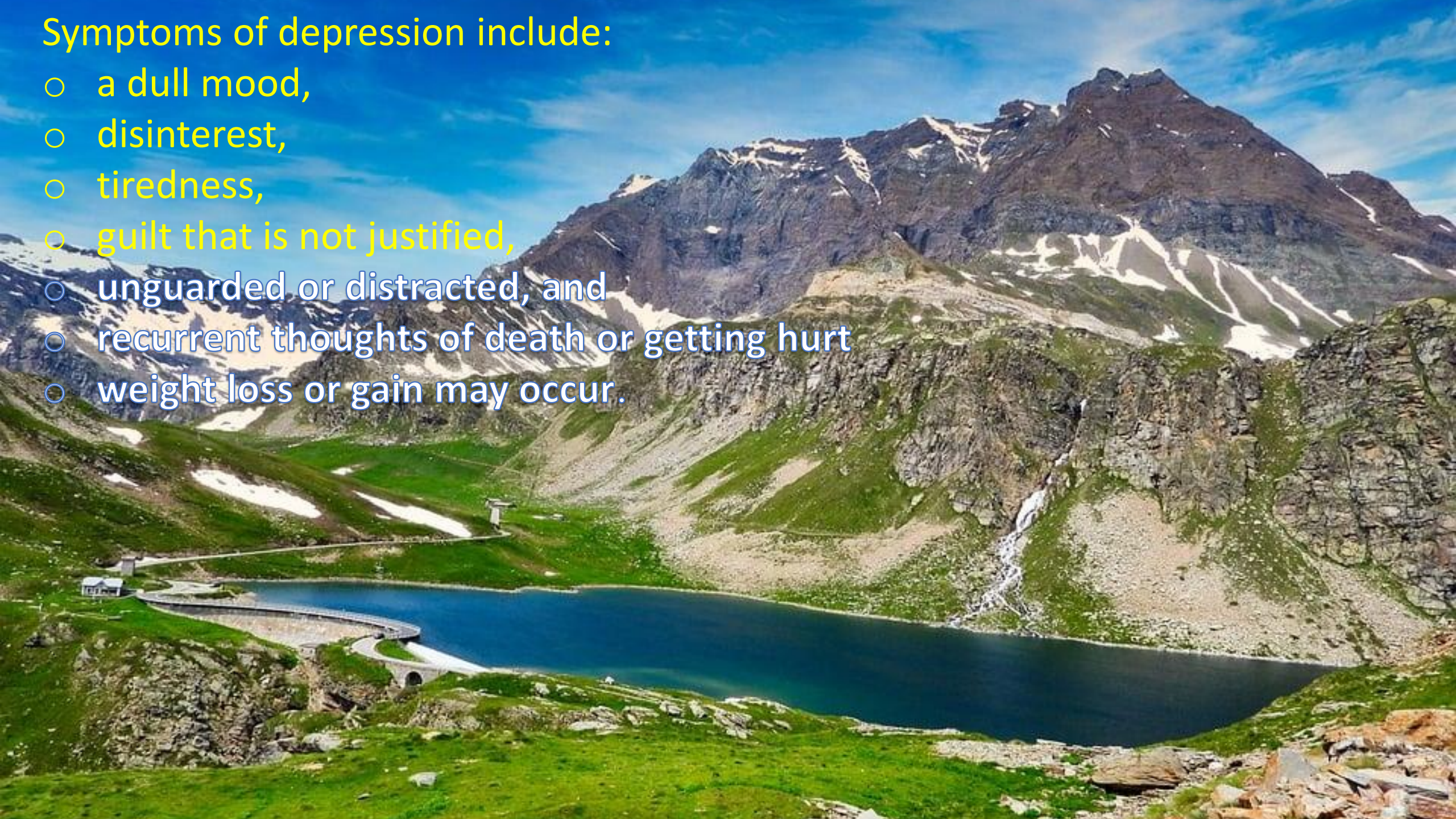
**YOU CAN DO IT.**



**MILD  
DEPRESSION**

## Symptoms of depression include:

- a dull mood,
- disinterest,
- tiredness,
- guilt that is not justified,
- unguarded or distracted, and
- recurrent thoughts of death or getting hurt
- weight loss or gain may occur.



A scenic landscape featuring a calm lake in the foreground, reflecting the surrounding mountains and sky. The mountains are rugged and partially covered in green vegetation. The sky is a clear blue with a few wispy clouds. The overall atmosphere is peaceful and natural.

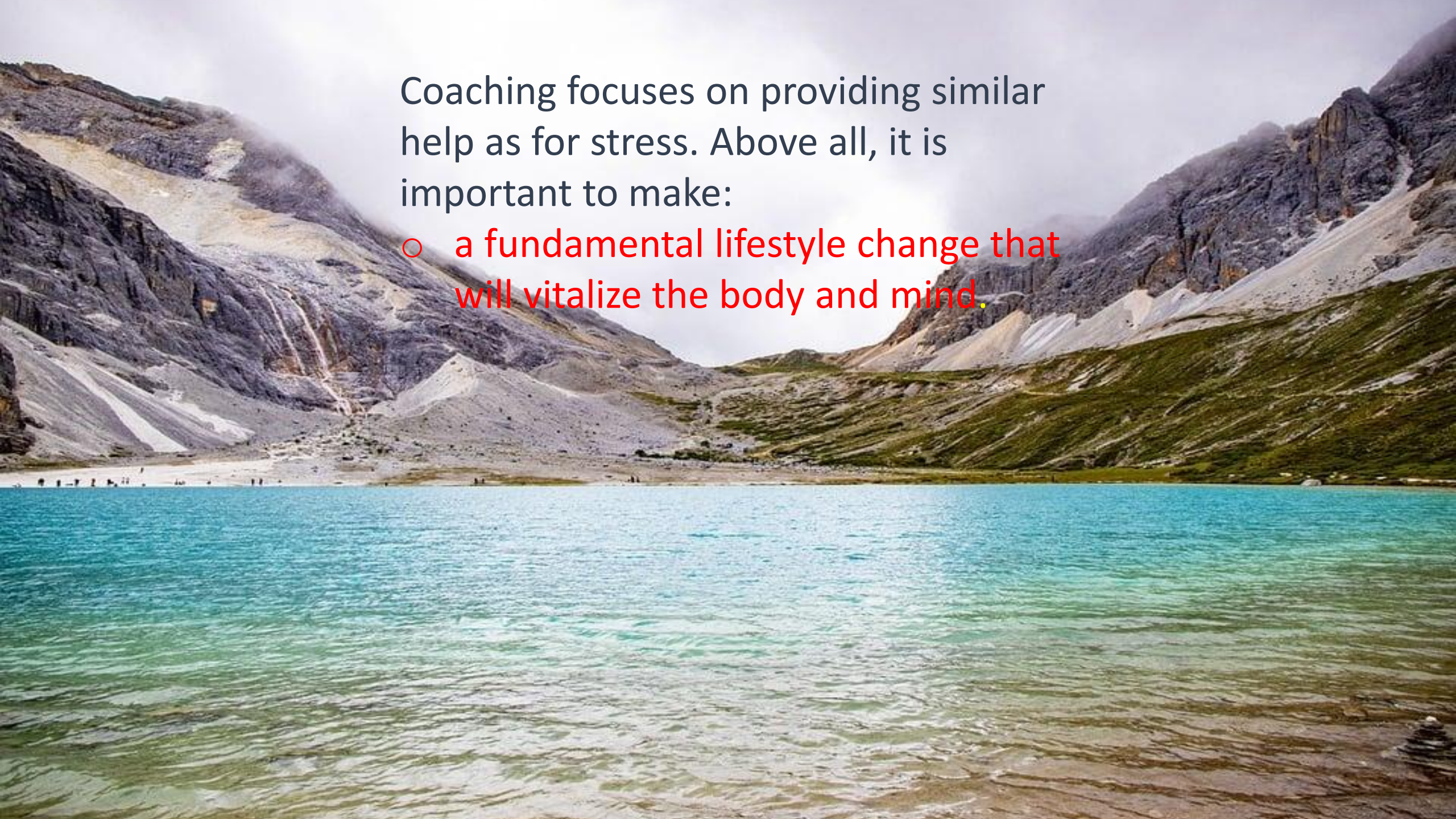
The causes of depression may be

psychological

- (burnout, traumatic experience, adrenal fatigue) or

physical

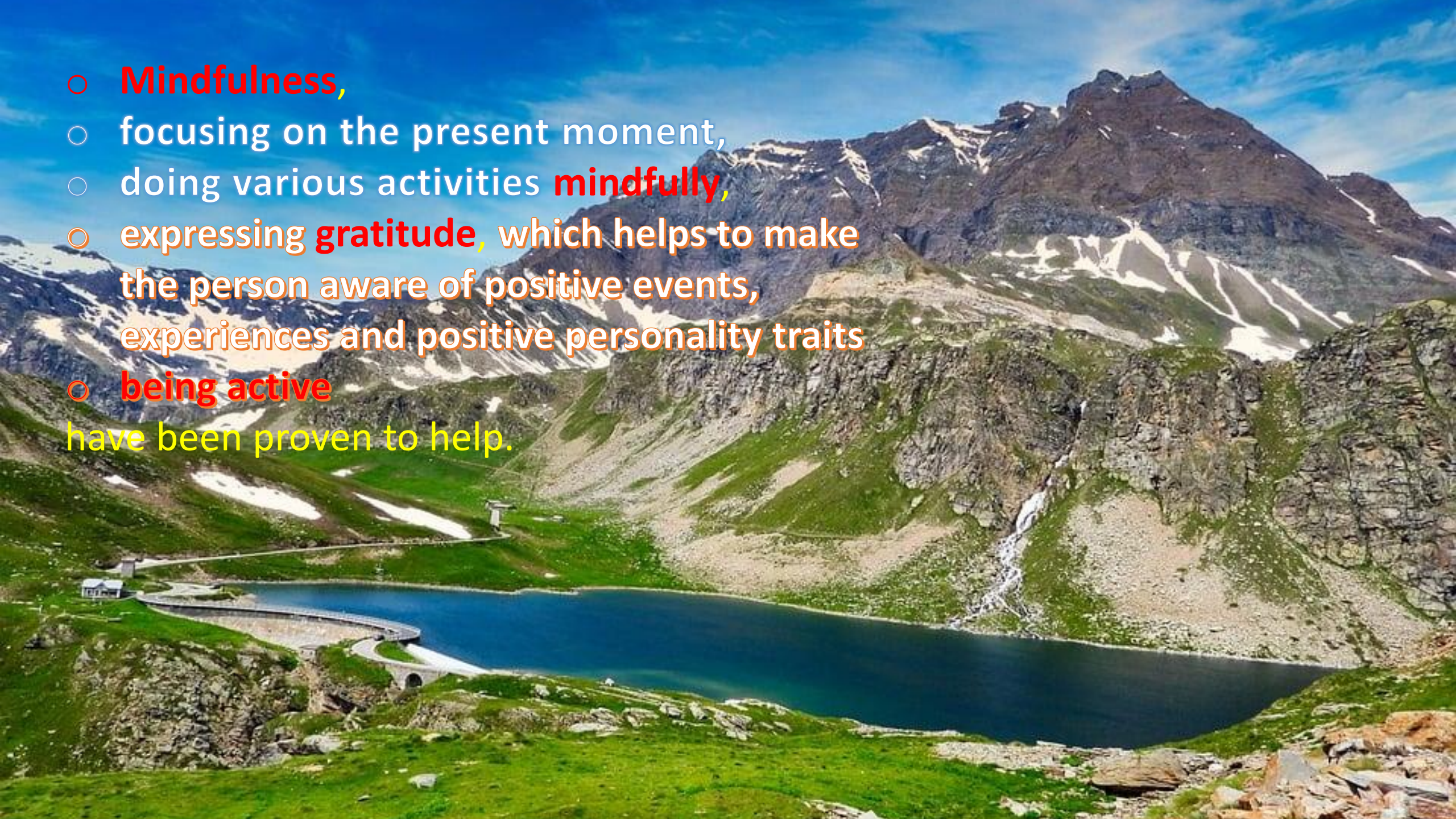
- (heavy metals in the body, electrolyte deficiency, serotonin deficiency).

A wide-angle photograph of a vibrant turquoise lake in a mountain valley. The water is clear and bright, with gentle ripples on its surface. In the background, steep, rocky mountains rise, their slopes covered in patches of grey and brown earth and sparse green vegetation. The sky is overcast with soft, grey clouds. The overall scene is serene and majestic.

Coaching focuses on providing similar help as for stress. Above all, it is important to make:

- a fundamental lifestyle change that will vitalize the body and mind.

- **Mindfulness,**
  - focusing on the present moment,
  - doing various activities **mindfully,**
  - expressing **gratitude,** which helps to make the person aware of positive events, experiences and positive personality traits
  - **being active**
- have been proven to help.



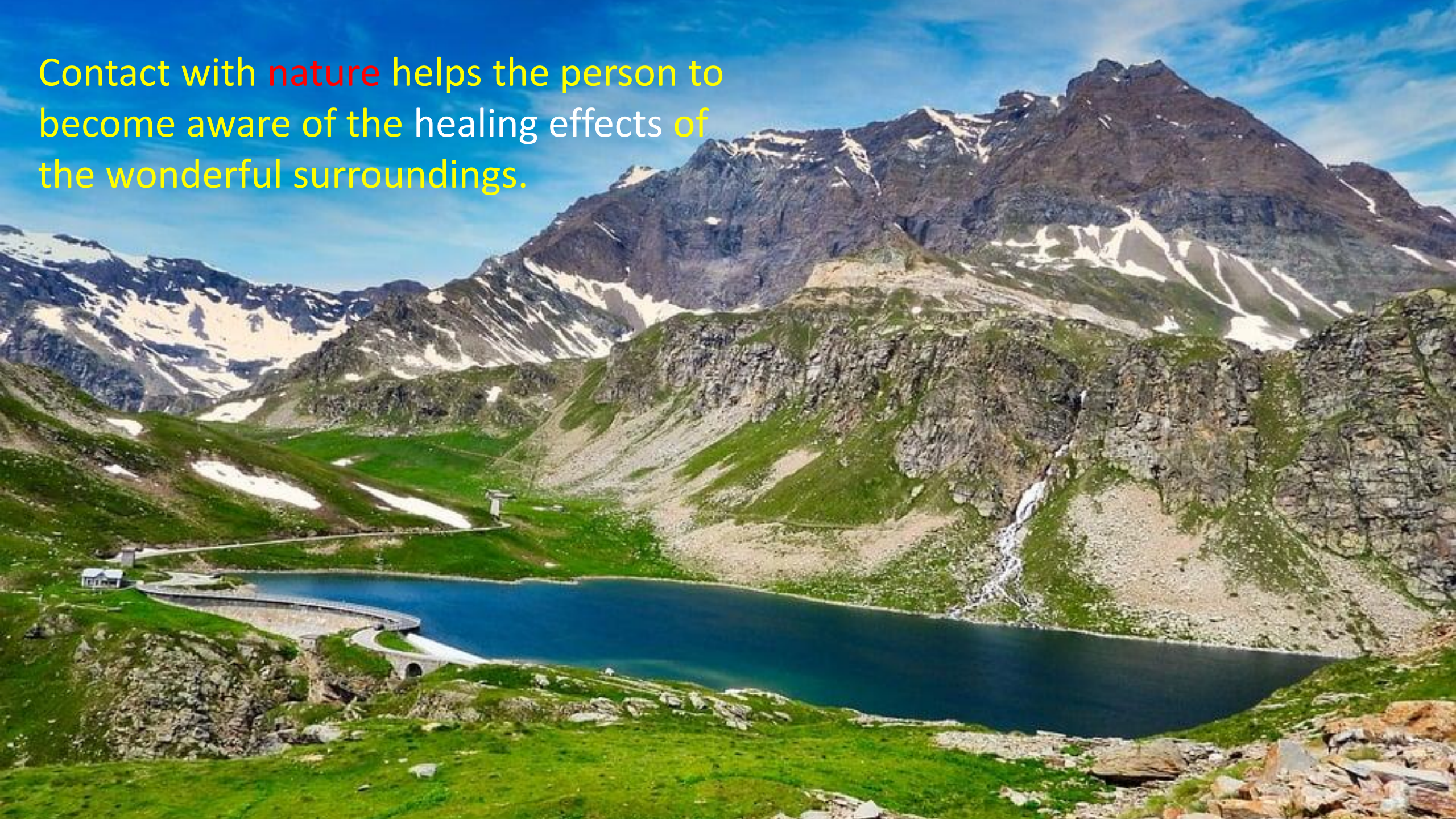


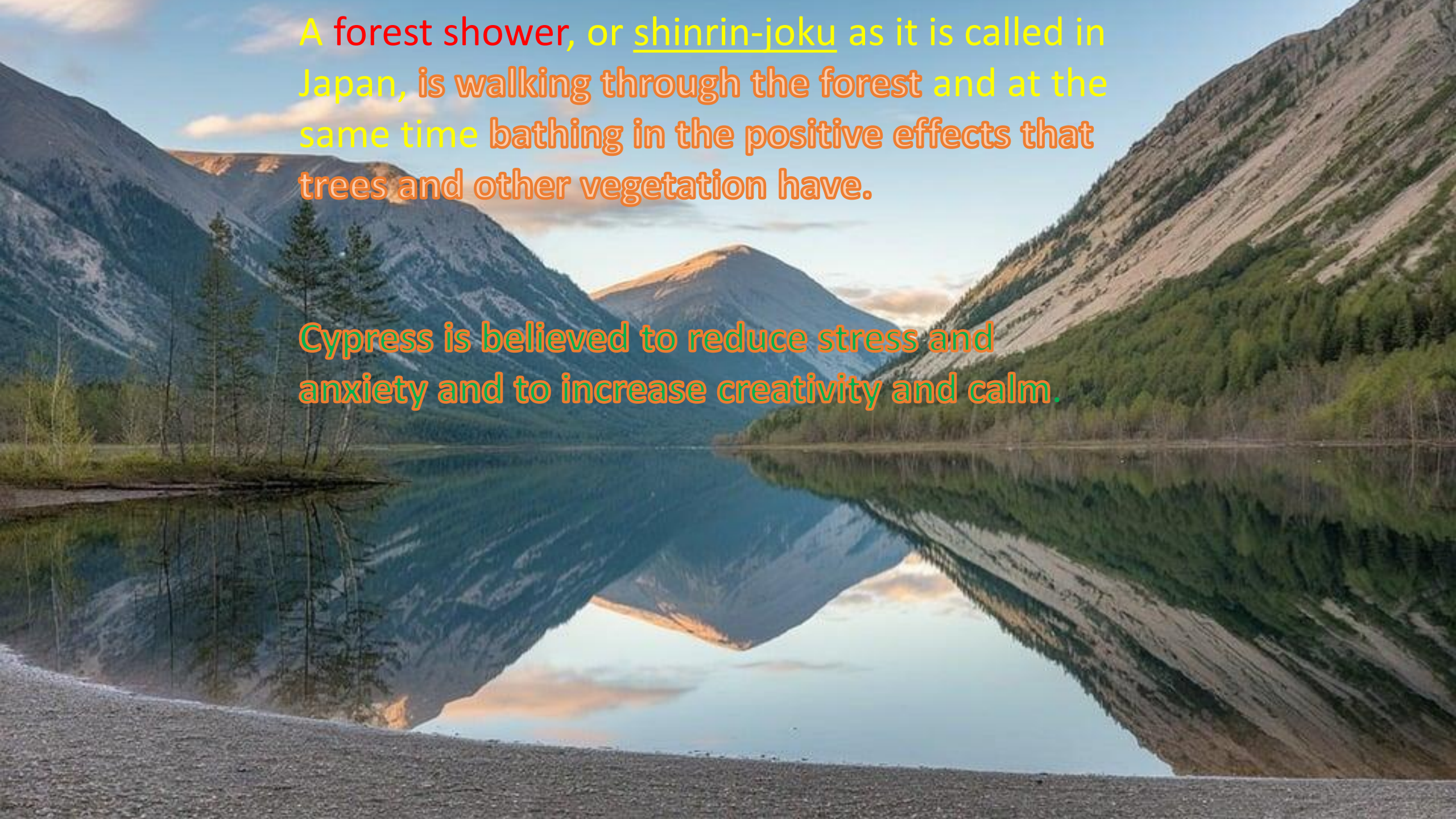
Life needs to be enriched with:

- new **content**,
- new **meaning** needs to be created,  
and
- a new **life story** needs to be written.

Affirmations and visualizations are very helpful in this process.

Contact with **nature** helps the person to become aware of the healing effects of the wonderful surroundings.



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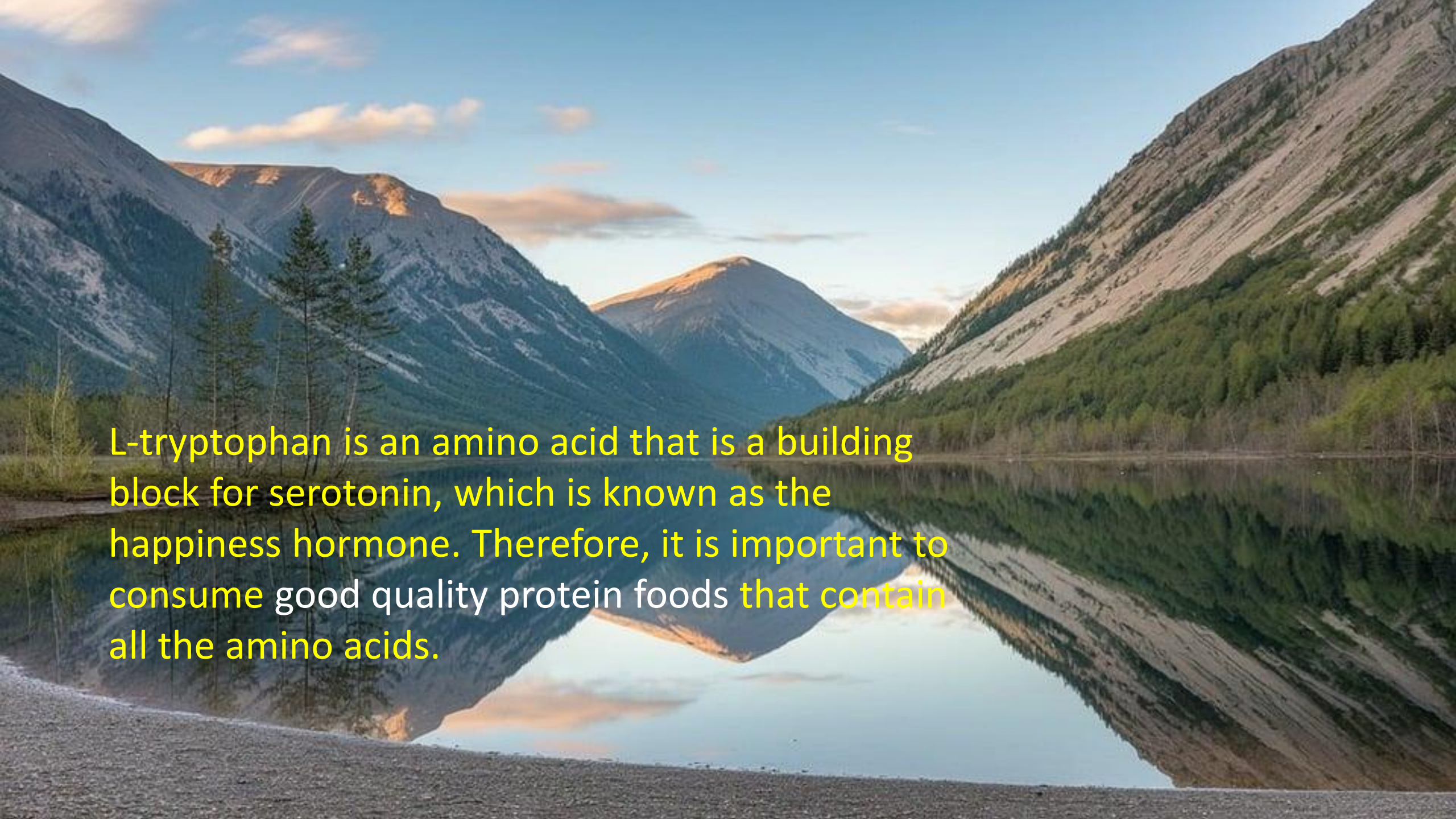
A forest shower, or shinrin-joku as it is called in Japan, is walking through the forest and at the same time bathing in the positive effects that trees and other vegetation have.

Cypress is believed to reduce stress and anxiety and to increase creativity and calm.



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- Creativity,
  - relaxation techniques,
  - recreation and
  - optimizing your diet
- may also be introduced to improve depression.**

**A well balanced diet makes sure that that the person gets all the essential nutrients into the body.**



L-tryptophan is an amino acid that is a building block for serotonin, which is known as the happiness hormone. Therefore, it is important to consume good quality protein foods that contain all the amino acids.

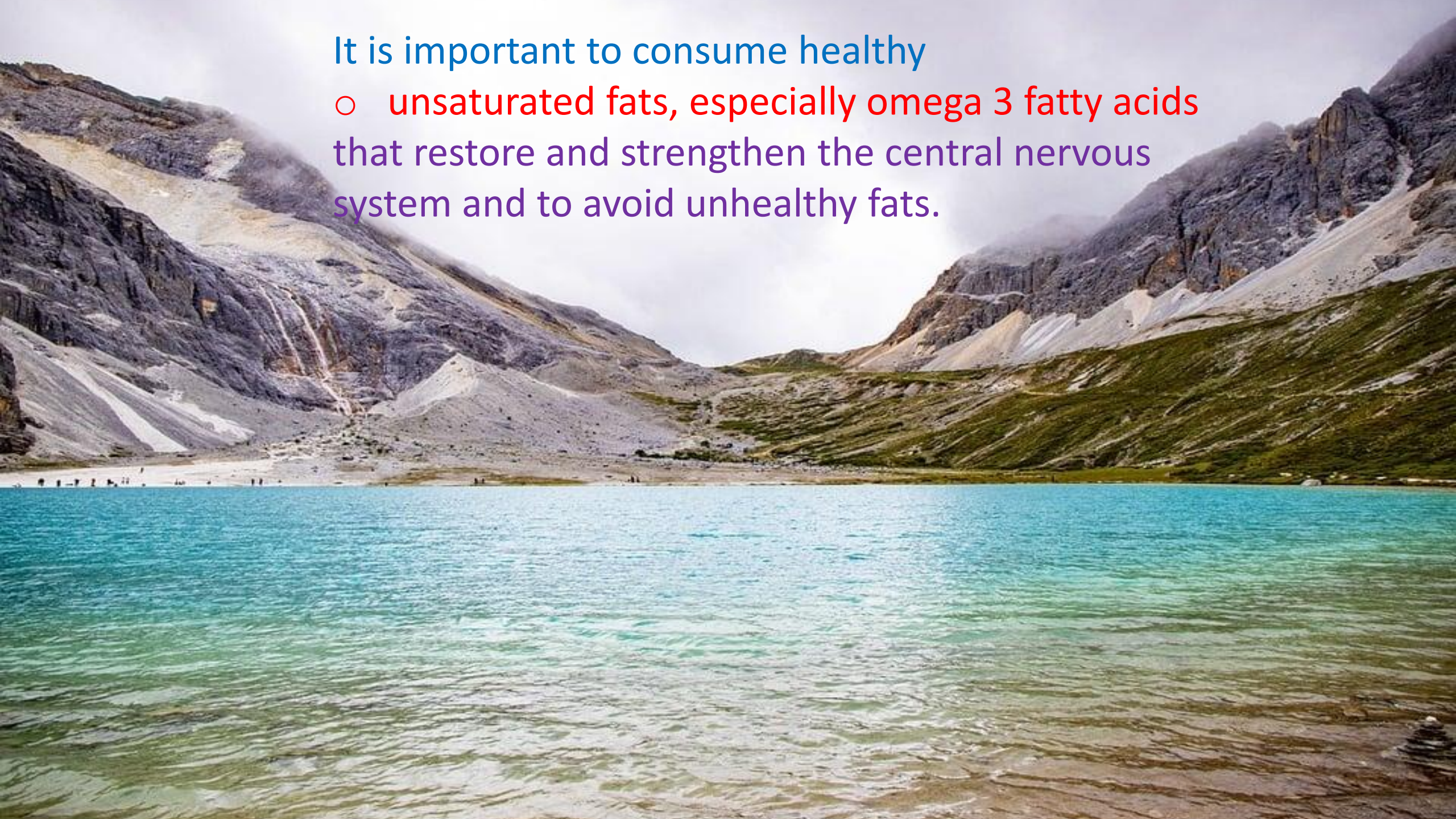


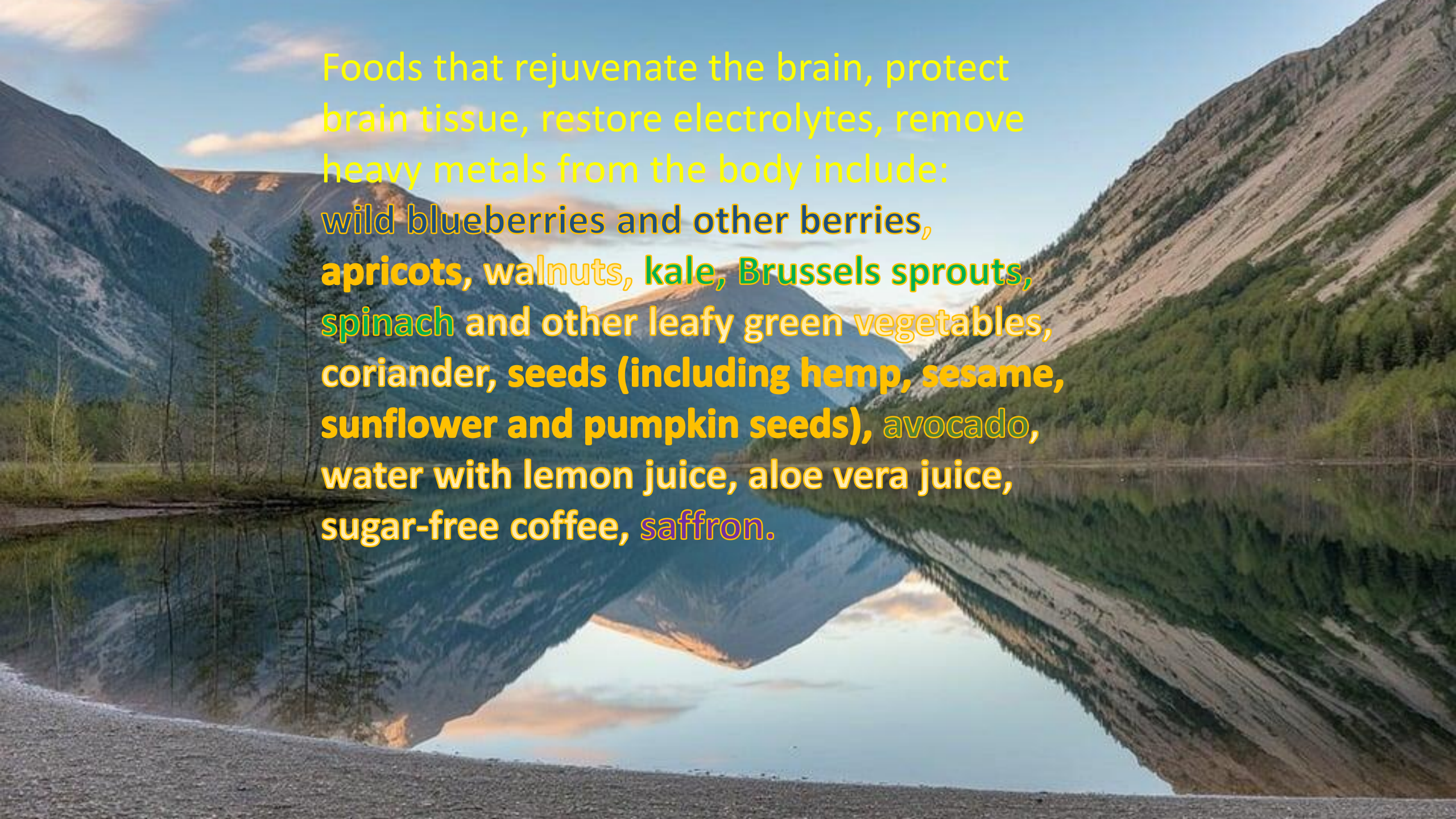
L-tryptophan is found in

- grains and grain products (amaranth, quinoa),
- cashew nuts,
- pumpkin, sunflower and sesame seeds,
- chocolate,
  
- seaweed (spirulina),
- soya,
- eggs,
- dairy products,
- fish and seafood.

It is important to consume healthy

- **unsaturated fats, especially omega 3 fatty acids** that restore and strengthen the central nervous system and to avoid unhealthy fats.



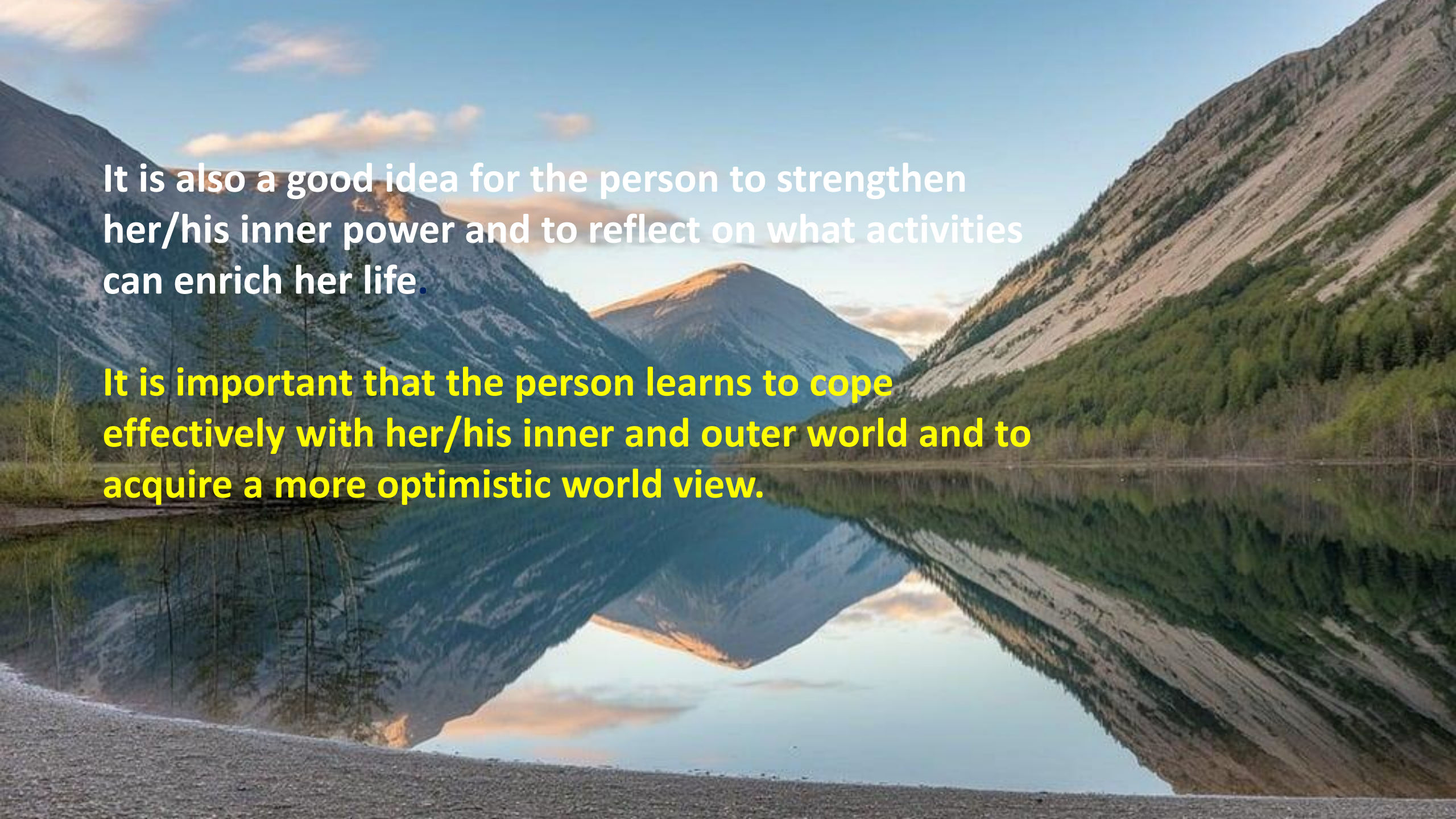
A scenic landscape featuring a calm lake in the foreground, reflecting the surrounding mountains and sky. The mountains are rugged and partially covered in green vegetation. The sky is a clear, light blue with a few wispy clouds. The overall scene is peaceful and natural.

Foods that rejuvenate the brain, protect brain tissue, restore electrolytes, remove heavy metals from the body include:  
wild blueberries and other berries,  
**apricots**, walnuts, **kale**, **Brussels sprouts**,  
**spinach** and other leafy green vegetables,  
coriander, **seeds (including hemp, sesame, sunflower and pumpkin seeds)**, avocado,  
water with lemon juice, aloe vera juice,  
**sugar-free coffee**, **saffron**.



Several domains of the personal stability model need to be included:

- Emotional awareness,
- Health related awareness,
- Spiritual awareness,
- Social awareness,
- Physical awareness.

A scenic landscape featuring a calm lake in the foreground, reflecting the surrounding mountains and sky. The mountains are rugged and rocky, with some greenery on the lower slopes. The sky is a mix of blue and light orange, suggesting a sunrise or sunset. The overall mood is peaceful and majestic.

It is also a good idea for the person to strengthen her/his inner power and to reflect on what activities can enrich her life.

**It is important that the person learns to cope effectively with her/his inner and outer world and to acquire a more optimistic world view.**

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**YOU CAN DO IT.**



A wide-angle landscape photograph showing a valley with a large, calm lake in the foreground. The lake perfectly reflects the surrounding mountains and the sky. The mountains are rugged, with some peaks covered in snow or light-colored rock. The sky is a clear blue with a few wispy clouds. The overall scene is peaceful and majestic.

From the book **PERSONAL STABILITY MODEL**,  
available on Amazon <https://www.amazon.com/dp/B0DT1MHJNV>

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