

Fearless

4 NATURAL WAYS TO INCREASE SEROTONIN

- 1. Mood induction:** alterations in thought, either through psychotherapy or self-induction, could increase levels of serotonin if the interaction between serotonin synthesis and mood is a two- way relationship.
- 2. Light:** already used as a treatment for seasonal affective disorder, a few studies have suggested that it can be used to treat depression as well.
- 3. Exercise:** exercise has an antidepressant effect, and some research has suggested that it can increase brain serotonin function.
- 4. Diet:** foods that have higher levels of tryptophan (chickpeas) than others could be linked to improved mood and cognition, possibly due to increased serotonin levels.

Ladies drop-in and assess whether your mind blocks are situational or perhaps related to deeper issues that warrant care. In either case, knowing is important, then taking action is essential. Because even when an underlying mood issue is not inherent, we all grapple with our inner self-critic.