- Lifestyles

Five ways to brighten your mood

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WHEN you are feeling tired, blue and even depressed, here are a few tips to follow on a daily basis to help boost your mood.



GET SOME EXERCISE

Getting your body moving is an excellent way to revive and recharge. Physical activity releases endorphins, so-called “happy hormones”, helping to improve mood and reduce stress. According to a 2023 study by Australian researchers, regular physical activity is beneficial in reducing symptoms of depression, emotional distress and anxiety. Among the most beneficial activities are walking, yoga and fitness.

HEAD OUTDOORS

With the return of fine weather, spending time out in nature is highly recommended. Activities like strolling in a park, walking by a lake or tending to plants in the garden may even have an impact on brain structure and improve mood, according to scientists in Germany.

Fresh air helps stimulate the production of dopamine and endorphins in response to pain or stress. Being outdoors also exposes us to natural light, which is said to have a significant impact on our mood, as well as our sleep.

LOOK AT PICTURES OF LOVED ONES

Surprising as it may seem, the simple act of looking at an image of a loved one produces oxytocin, the love hormone, which counteracts stress in the body.

Kandi Wiens, a researcher at the University of Pennsylvania, contacted by the ‘NY Post’, explains that looking at a photo of someone you love “turns on the parasympathetic nervous system”, which has a soothing effect on the body. More generally, spending time with loved ones can help better manage mood and stress.

TRY MEDITATION

Meditation is an ideal way to relax the mind and banish negative thoughts. Not only does it sharpen our attention span, but it also allows us to work on our breathing and promotes relaxation. According to a scientific study, practising meditation 30 minutes a day, six days a week for nine months could reduce cortisol production and chronic stress. Meditation is thought to increase brain activity in areas associated with positive feelings, such as joy, curiosity and enthusiasm.

EAT A HEALTHY, BALANCED DIET

Eating a healthy, balanced diet can help maintain a healthy emotional balance. Eating nutrient-rich foods such as fruit, vegetables, whole grains and lean protein helps neurotransmitters function properly and regulate mood.