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Everyone once in his lifetime would have felt low and negative about their life. There might be times where things would not have fallen at the right place and as a result a person would have stayed in a negative state of mind for a comparatively longer time period. Science has termed this state of mind as depression, and in the present time, even a child is familiar with this term.

There are numerous ways that are an answer to the question of what to do when you are having depression and one of the best and followed till date is doing exercise. This is discussed to the most natural remedy to fight gloominess. Whether you go for a run, do skipping or opt for a gym, it does not really matter, what exactly matters the most is that doing regular exercise is the best way to liberate natural endorphins. Not just this, the most important part of an individualâ€™s life is his family and friends and this is where they can help you the best. But, in any case you feel that the situation needs an expert help, there are support centers for your assistance.

The most important point in doing regular exercise is that your body tends to liberate chemicals with the increase in the level of your physical work out. This will automatically enhance your mood and your tolerance power to bear any sort of pain and agony. A common fact is a person who is regular at doing rigorous work out, automatically has a higher level of tolerance power towards any sort of emotional or physical trauma. A side effect of facing depression is that your appetite is reduced and hunger almost vanished.

There might arise a situation where you would feel that you donâ€™t wish to consume even your favorite dish, the one that was your weakness. Similarly, a time might come where you would find yourself stuffing too much. A point of consideration is that you should be extra careful when it comes to gnawing food especially in these circumstances. Overeating and eating too less, both are not good for the betterment of your health. You should pay extra attention towards eating healthy food and nourishing your body with the right amount. Food rich in fiber and other significant fatty acids are best to battle this condition.

Another approach to fight this condition is to communicate your feelings and expressions to someone who is willing to listen so that you can feel better. Just in case you fail to discover someone to talk to, the best substitute would be to vent out your feelings through painting or penning down your ideas. When you are fighting the situation like this, world seems to be the worst place and difficult to survive in. Fighting a depressive state of mind is the most difficult task to accomplish.

Being in a situation like this is not always simple. But there is always a solution for the question what to do when you undergo depression. Building up positive thoughts and staying in the company of optimistic people will always be fruitful.

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