



INSIGHTS BRIEF

What Impacts Depression and What Could Improve It?

OVERVIEW

Depression is a complicated subject sometimes being affected by chemical imbalances, diet, exercise, spiritual health, or a combination of factors. Still, there are ways to improve. Data from the Wholistic Health Assessment © shows that when someone feels irritable at least three to four times per week, or is sleepless at least one to two times per week they are more likely to be depressed. Longitudinal studies have also found a connection between irritability and depression. Exercise, self-care, time in nature, reflecting through conversation or writing, and reducing caffeine are some ways to improve irritability and sleeplessness. Although these may help with symptoms temporarily, the root cause will need to be determined for long term health.

DATA

