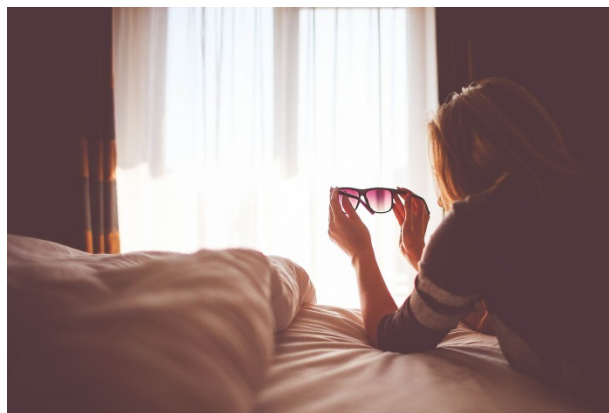


## EAP Tips – Self-treatment for Mild Depressive Symptoms

According to statistics, over 300 thousands Hong Kong people suffer from mild depressive symptoms but less than 25% of them would seek professional help. Mild Depression can be treated effectively in the initial stage if you follow our suggested tips as below:

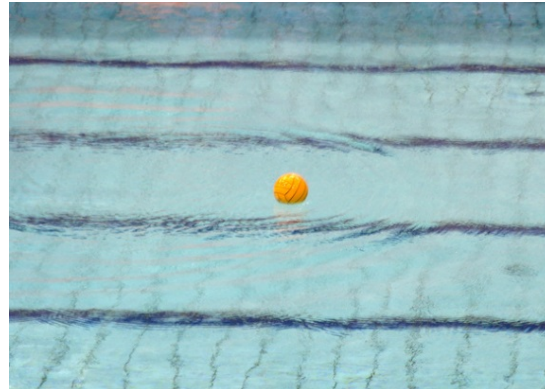


Reprint of the article is welcome,  
but please state the source.

If you are interested to know more about Self-treatment for Mild Depressive Symptoms, please call our **24-hour EAP hotline** for **Work/life Information, Coaching, Counselling and Consultation services**. All information will be kept in **STRICT confidence**.

# Exercise regularly and stay active

- Relax muscles
- Improve quality of sleep
- Stimulate release of endorphin, the so called “happy hormones”



# Sunbathing

- Sunbath triggers release of serotonin in brain
- Early morning or evening is the best (7-9 AM and 4-6 PM)



# Choose “Happy” food

- Omega 3  
(e.g. deep green vegetable, abyssal fish, flaxseed, etc)
- Essential amino acid  
(e.g. banana, tofu and various nuts)
- Vitamin B complex  
(e.g. wheat, germ, barley, etc)
- Vitamin C  
(e.g. deep green vegetables and citric fruits)
- Calcium-rich  
(e.g. black sesame, tofu and vegetables)

