

If you've got the "holiday blues," Dr. Jess Wright at the University of Louisville Depression Center explains how these feelings of depression can emerge during this time of year...

{audio}http://wcluradio.com/newscuts/112911wright1.mp3{/audio}

Dr. Wright offers some tips to help combat holiday depression. First he says that we should get out among people...

{audio}http://wcluradio.com/newscuts/112911wright2.mp3{/audio}

Dr. Wright also recommends a Mediterranean diet to fight depression...

{audio}http://wcluradio.com/newscuts/112911wright3.mp3{/audio}

In addition, he recommends increased activity to help ward off depression...

{audio}http://wcluradio.com/newscuts/112911wright4.mp3{/audio}

Dr. Wright also tells us some signs that you may need professional help if depression worsens...

{audio}http://wcluradio.com/newscuts/112911wright5.mp3{/audio}

Contact your health care provider if you notice any of these symptoms.

U OF L PROFESSOR HAS TIPS TO AVOID HOLIDAY DEPRESSION

Tuesday, 29 November 2011 07:30
