

Activity 20

Estimated Time: 20 minutes

This module showed that diet is extremely important when it comes to making lifestyle changes for depression. This diet should be rich in elements such as omega-3, complex carbohydrates, and nutrients, such as B vitamins and vitamin D.

Do some research on what foods contain these elements, such as salmon, trout, herring, walnuts and pumpkin seeds. Create a diet for the next three days that is high in these elements.