

# Exercise to Relieve Symptoms of Depression

## Class Summary

- **This exercise is useful for people who are suffering from melancholic depression, which is when you feel listless lacking in energy and motivation. This happens when you've been under a lot of stress and your sympathetic nervous system burns out, so you're parasympathetic dominant, which causes the lack of motivation & energy:**
- **Start by holding out your hands in front of you**
- **Then, make rapid, small circles with your hands and at the same time, breathe in and out rapidly through your nose**
- **This causes your brain to produce epinephrine, which is equivalent to adrenaline in your body, and stimulates your sympathetic nervous system, getting you more energised and motivated**
- **Exercise is well understood to be effective in reducing symptoms of depression, but sometimes sufferers are too unwell to leave the house, so this exercise can be useful and done anywhere, inside or outside, even in bed, to help you to get up in the morning**
- **The exercises for relieving symptoms of anxiety and depression demonstrate how our mental health lies in the balance of our autonomic nervous system**