Posture and depression

http://www.naturalnews.com/2017-02-03-treat-depression-with-good-posture.html

Depression is a complex condition that does not have a one-size-fits-all solution, no matter what the pharmaceutical companies that manufacture antidepressants would like for you to believe. Many people find that a holistic approach can help their symptoms improve, and one factor that is gaining a lot of attention for its ability to influence mood is posture.

A recent study has thrust good posture into the spotlight as a possible way to treat depression. While slouching has already been demonstrated to negatively impact a healthy person’s mood, the University of Auckland study is actually the first one to look into how posture can help those [suffering from moderate depression](http://science.naturalnews.com/depression.html).

Lead researcher Dr. Elizabeth Broadbent said that sitting upright can spur people to be more persistent with unsolvable tasks, more confident in their thoughts, and prouder following their successes compared to being in a slumped position. Moreover, it can make people feel more enthusiastic and alert and less fearful, and give them higher self-esteem following stressful tasks. (RELATED: [Read MindBodyScience.news for more news about mind/body interactions.](http://mindbodyscience.news))