

Diving into Darkness: Exploring Depression

ACCURATE DIAGNOSIS IS NECESSARY

- Use screening tools initially and conversation
- Explore more with a comprehensive biopsychosocial evaluation
- Understand the types of depression

RECOGNIZE CONTRIBUTING FACTORS

- Biological, environmental, psychosocial
- Lifestyle

EFFECTIVE MANAGEMENT

- Medication
- Therapy
- Lifestyle

RESOURCES

1. Integrative Psychiatry Institute

- a. [Integrative Psychiatry Institute - Psychiatry Training Online CME](#)

2. The Gaples Institute

- a. [Nutrition & Lifestyle Education | The Nonprofit Gaples Institute](#)

3. Carbon

- a. [Carbon — Smart Diet Coach | Nutrition Coaching App for iOS and Android \(joincarbon.com\)](#)

4. My Fitness Pal

- a. [Calorie Tracker & BMR Calculator to Reach Your Goals | MyFitnessPal](#)

5. Non Sleep Deep Rest Protocol – Dr. Huberman

- a. [NSDR, Meditation and Breathwork | Huberman Lab](#)

6. BDNF

- a. [The effect of physical activity on the brain derived neurotrophic factor: from animal to human studies - PubMed \(nih.gov\)](#)

7. HIIT and Anxiety

- a. [Working out the worries: A randomized controlled trial of high intensity interval training in generalized anxiety disorder - PubMed \(nih.gov\)](#)

8. Supplement Data Base (NIH)

- a. [Home | Dietary Supplement Label Database \(DSLDB\) | NIH Office of Dietary Supplements](#)

9. Supplement Information

- a. [Welcome to the Natural Medicines Research Collaboration \(therapeuticresearch.com\)](#)

10. Ontime

- a. [Ontime: Fasting & Circadian on the App Store \(apple.com\)](#)

11. Virtual Hope Box

- a. [Virtual Hope Box on the App Store \(apple.com\)](#)

12. Headspace

- a. [Meditation and Sleep Made Simple - Headspace](#)

13. Cognifit

- a. [Brain Training | Trusted by Doctors - CogniFit](#)