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Alternative Ways to Take Care of Your Mental Health in 2019

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Mental health has become a hot button issue in 2019. Things like anxiety and depression are becoming more common knowledge, and people are choosing to treat these conditions in many different ways. Alternatives to traditional medication and therapy have been helping people throughout the world for centuries. Now, people can use alternative medicine, traditional medication, or use them both in conjunction!

Here is a list of alternative ways to alleviate mental health symptoms that are popular today.

1) Transcranial Magnetic Stimulation (TMS) Therapy

In 1881, an English physician named Michael Faraday first started developing this treatment. The number of successful clinical trials led to its FDA approval in 2008. Since then, it has become a highly effective treatment for many mental health issues such as anxiety, depression, OCD, and PTSD.

This alternative method is non-invasive and has few side effects, if any. It uses magnets to stimulate energy in certain parts of the brain. It stimulates much of the prefrontal cortex, which helps alleviate depression and control your mood.

TMS therapy is available in specialized clinics throughout the United States. Neuro Wellness Spa at www.neurowellnessspa.com for instance, provides the service in California. More people are booking appointments with TMS therapy today than ever before.

2) Meditation

Meditation is a kind of mindfulness exercise. It helps people stay in the present moment. It helps keep people calm rather than put focus on their anxiety, depression, or stress. The two most common types of meditation are transcendental meditation and mindfulness meditation.

Transcendental meditation consists of a person silently repeating a mantra to themselves. Eventually, they will reach a state where they have no thoughts, but they feel present and conscious in the moment. This helps people center themselves and their thoughts.

Mindfulness meditation includes focusing on breathing. Mindfulness based stress reduction (MBSR) meditating also helps with chronic pain or illnesses. You may be instructed to “scan” your body for any pain or sensation throughout your body.

3) Dance, Music, or Art Therapy

Dance, music, and art are great ways for people to get their mind off of the problems in their life. Guided art therapies can help people express themselves and have a healthy outlet for their emotions. This type of therapy has been used since the 1940's to help reduce stress.

Creative outlets are [shown to improve physiological and psychological ailments](#). It also has a particular curative power for schizophrenia. It is easily added to any other kind of traditional therapy sessions or other alternative methods.

4) Wilderness Therapy

Wilderness therapy consists of visiting the great outdoors for your treatment. You would be able to explore the wilderness and participate in exercises involving survival and self reflection. It is [clinically proven](#) to reduce stress from mood disorders and increase self esteem. It is especially effective in improving the health of young adults and adolescents.

Exercise from outdoor activity also helps produce endorphins which improve mood. These endorphins are “feel good” chemicals that many people who suffer from anxiety and depression do not have. As an added bonus, it also promotes team bonding as many wilderness therapy patients participate in groups.

In Conclusion

If you are looking for ways to improve your mental illness symptoms, alternative methods can be beneficial. They can help you achieve peace of mind, provide an outlet for you, or help you process your own emotions in a thoughtful way.

Always talk to your doctor when you consider a new method for your mental health. They may have useful materials for you on your journey for better mental wellness.

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