

Food, serotonin and mood: Can your diet help combat seasonal slumps?

The following nutrition tips can help banish the seasonal slump and keep your spirits high:

Salmon for anxiety relief

Salmon is packed with omega-3 fatty acids, which help lower anxiety by improving neurotransmitter function in the brain. The healthy fats in salmon support cognitive flexibility and a calm state of mind. Aim for two servings of salmon per week, whether it's grilled, baked or in salad form. The protein in salmon also stabilises energy and mood.

Follow the latest news and policy debates on sustainable agriculture, biomedicine, and other 'disruptive' innovations. Subscribe to our newsletter.

[SIGN UP](#)

Probiotics for gut-brain balance

Foods like yoghurt, kefir, tempeh and sauerkraut contain probiotics, or beneficial gut bacteria. These support digestive health, which is intrinsically connected to mental wellbeing through the gut-brain axis. The healthy bacteria in probiotics produce neurotransmitters that control anxiety and inflammation. Aim for at least one probiotic food daily.

...

Vitamin B12 for energy and focus

Foods like chicken, eggs, grass-fed beef and legumes supply vitamin B12 for sustained mental and physical energy, [productivity](#) and concentration. Deficiency leads to fatigue, weakness, cognitive issues and depression. Load up at breakfast with eggs, yoghurt and nut butter toast to power through the day with a confident mindset.

[**This is an excerpt. Read the original post here**](#)