

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.

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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.

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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.

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