

Can Omega 3 Reduce Stress and Improve Moods?

You're having a bad week, a bad month ... a bad year. Every time you turn around, it seems as if a new type of stress is tossed in your direction. There you are, sitting there, thinking you're never going to have the opportunity to be in a good mood again and you're on the verge of scheduling a doctor's appointment to get a bottle of anti-depressants just so you can get through your day. Before you do that, you may want to take a look at Omega-3 and give it a try. Can Omega-3 really help reduce stress and improve moods? Let's take a look and see ...

Omega-3 can help reduce the effects of anxiety, depression and stress, helping to improve your moods.

What is Depression and Anxiety?

Anxiety is common, this is something many of us experience every now and then. During this time, we may feel anxious due to relationship problems, work issues, family troubles, or we simply feel burned out. When anxiety pops up all the time and it has a negative impact on the quality of your life, you're suffering from an anxiety disorder.

Depression is a common mental health issue. It could be triggered by a major life changing event, such as a job loss, or it could pop up out of nowhere, for no reason. Individuals that suffer from depression have feelings of hopelessness and sadness and find it hard to keep up with daily tasks.

How Does Omega-3 Help the Body and Brain?

Your body needs Omega-3s in order to function normally. There's two main types of active Omega-3 fats – DHA and EPA. EPA is known for its anti-inflammatory effect. EPA is capable of crossing the blood-brain barrier, making it able to decrease inflammation in the brain. DHA, on the other hand, is found in the cell membranes of our neurons. It is responsible for sending signals faster between the cells in your brain.

Omega-3 is Great for Depression, Anxiety and Mood Disorders

Various studies have indicated that there's a link between depression, anxiety and low levels of Omega-3s. You see, Omega-3's, mostly DHA, are in brain cell membranes. When you have a lack of Omega-3s in your brain and body, it will make it difficult for serotonin to pass through the cell membranes.

Studies have shown that by taking Omega-3 supplements, people can improve the symptoms of depression, anxiety and mood disorders. EPA has been found to relieve symptoms of neuro-inflammation.

Resilient to Stress

It has been found that by taking Omega-3 supplements, you will be more resilient to stress, making it easier to regulate your mood.

Taking Omega-3 Supplements

Healthy adults should get around 500 mg of combined DHA and EPA. You can get this by consuming fish at least 2 times per week, and consuming green, leafy vegetables. Those that don't eat fish may find it hard to get enough EPA and DHA in their diet. If this is the issue, you can turn to Omega-3 supplements to help.

