

Avoiding Negativity

Depression can be difficult to cope with and can impact us both physically and emotionally. While there are medications and numerous forms of therapy that address different physical and emotional aspects, there are other forms of care that seek to improve our health and life versus just treating symptoms. When we understand and recognize how mental health issues such as depression affect our health, we can make informed decisions for our families and ourselves.

Heart rate variability (HRV) is a known indicator regarding the functions of the nervous system. It's an excellent way to understand whether everything in our body is working correctly both physically and cognitively. HRV correlates to numerous health concerns; for example, the function of the ANS links depression. So, can we use that same information to help predict the likelihood of depression? A study of HRV sought to assess whether HRV could help predict the risk of depression. In the study, 63 young adults and older adults were studied. Resting HRV was measured and gaze preference for happy or angry faces (relative to neutral) were analyzed.

The young adults did not show any consistent gaze preference; whereas, older adults demonstrated negativity avoidance by failing to look at the negative faces that they were shown. HRV was measured before each session. A higher resting HRV correlated with positive affect in older adults, such that the higher the HRV, the higher the anti-negativity when the older adults viewed the pair. This indicates that the ANS function is linked to our likelihood of developing depression! When we take care of our nervous system, our nervous system takes care of us! A properly functioning nervous system functions subluxation (interference) free! When we allow proper function of the nervous system, we remove correlating health concerns that may arise in our future.



**Individuals
with better
adapting
nervous
systems tend to
stay positive
and avoid
negativity
more readily!**

Mantantzis K, Schlaghecken F, Maylor EA. Heart Rate Variability Predicts Older Adults' Avoidance of Negativity. The Journals of Gerontology: Series B 2018. doi:10.1093/geronb/gby148.



© Intellectual property of ChiroEdge

clearfamilieschiropractic.com
(228) 533-2733