

# Family Services Trust

Dear Friends

June 2022

*Greetings from Family Services Trust. Thank you for your Help and Support to our Volunteer work with poor children and youth. Our Relief feeding program continues to nourishing dozens of children who are living in needy situation This is our 3<sup>rd</sup> year of having Relief food for children who are living below poverty line. They are living condition are heart breaking and right now we can support them with food and donated clothes, which is given by Mr. Vijay gupta Since 2012. We wanted to thank Cedric and Tripti who are first one have pledged to support us with Relief feeding program with their monthly contribution. They and their Skill India team has been supporting for our Relief food Since June 2020. Thank you once all friends you are playing important role for betterment of our society.*

Kamlash: She said to us ( Mother of our students of Jyoti and Kushi) My daughter Jyoti ( 8<sup>th</sup> STD in Govt school) speak in English and lady in a house I have been working as helper surprised to find out, she is a teacher in G D Goneka school. Now, Madam wants to tutor my daughter for free also Thank you for teaching English and streams to my both daughter”



Cell phone: +91-9811255878, Email: [familyserVICETRUST@gmail.com](mailto:familyserVICETRUST@gmail.com) [www.brighterfuturecentre.com](http://www.brighterfuturecentre.com)

If you want your children to improve, let them overhear the nice things you say about them to others.—Haim Gino

## 10 Simple Mood-Lifting Tips

By Tabby Biddle,

Depression is one of the most common health conditions in the world. It ranges in seriousness from mild, temporary episodes of discouragement to severe, persistent depression. In addition to varied therapies and techniques professionals use to treat depression, you might also want to try some of the following ideas to lift your mood.

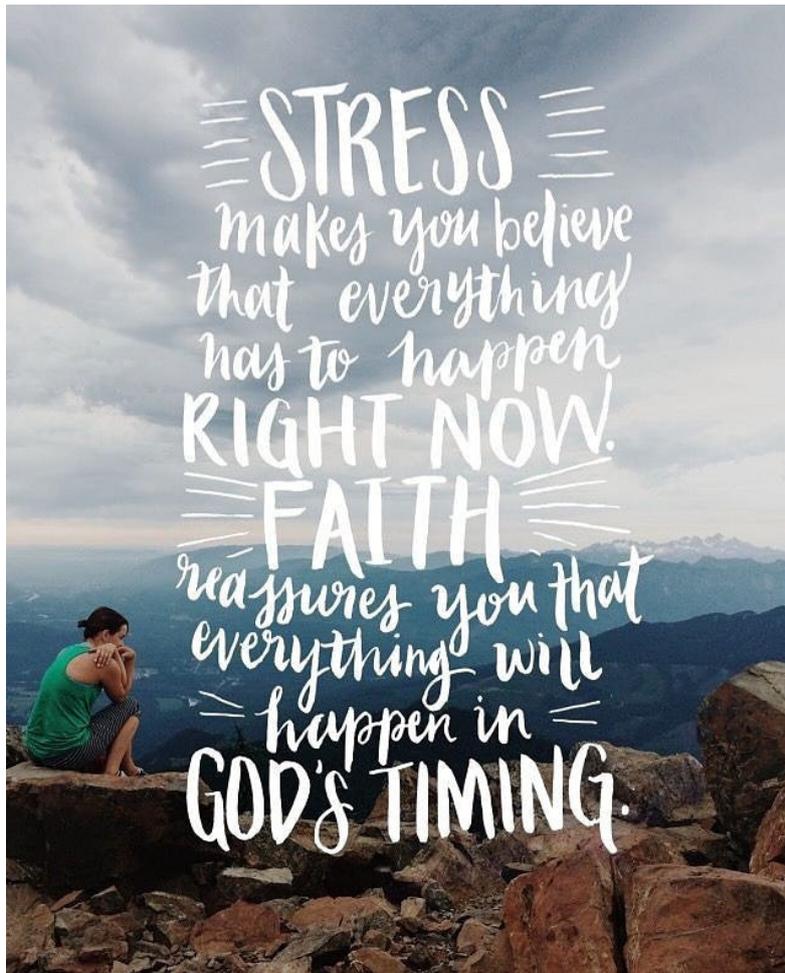
1. **Exercise.** For some people, exercise works as well or even better than antidepressants. Endorphins, otherwise known as the body's natural feel-good chemicals, are released when you exercise. Exercise will also help you build energy. Start with just a few minutes of exercise a day. As time goes on, increase the length of your activity. "Doing 30 minutes or more of exercise a day, for three to five days a week, can significantly improve depression symptoms," says staff at the Mayo Clinic.
  2. **Reduce your sugar intake.** Reducing sugar intake and eating higher quality foods have been reported to increase energy levels and lift depression. According to some research, a diet that includes lots of fruits and vegetables, as well as whole grains and healthy fats and oils, may lower the risk of depression by almost one-third.
  3. **Cut back on caffeine.** Cutting back on soda, coffee, tea, and chocolate can make a big difference in your mood. Anxiety is a common symptom of depression. Too much caffeine can make you nervous, jittery, or anxious and make it hard to sleep at night, adding to the depression.
  4. **Get some sunshine.** If you feel more depressed during the darker winter months, you may have Seasonal Affective Disorder (SAD). SAD is often treated with light therapy or exposure to artificial sunlight. Ask your doctor if light therapy is right for you. Otherwise, make sure to spend at least 10 minutes in the sun each day to lift your mood.
  5. **Play with a pet.** Playing with a pet can help lift your mood. When you play with your pet, you take your mind off your own problems. According to some studies, caring for a pet can be very therapeutic.
  6. **Be creative.** Doing something creative that gives you pleasure—such as singing, painting, photography, playing an instrument, or writing in a journal—can lift your mood. The goal isn't to create a masterpiece, but to do something that makes you feel good inside.
  7. **Read a book.** Curling up with a good inspirational book can take you into another world and lift your mood.
  8. **Take a spiritual retreat.** Stress and anxiety can increase your depression symptoms and make it harder to recover. Learning to relax your body, mind, and spirit through prayer and meditation can give you a feeling of peace and calm, and help improve your overall well-being.
  9. **Stay connected with people.** Call a friend to go for a walk, join a volunteer group, or take a class about something you've been wanting to learn. Research has shown that people with more social support have better-functioning immune systems. Being involved with and caring for others can also help take you outside of your own problems and lift your mood.
  10. **Get adequate sleep.** Too little sleep can have a considerable influence on your mood. To lift your mood, make the quality and quantity of your sleep a priority. Set a regular bedtime and wake-up time. Research suggests that most adults need between seven and nine hours each night.
- These 10 simple mood-lifting tips can help lift your mood, but by themselves, they may not be enough. Depression is a serious illness. If you have any thoughts of harming yourself or others, seek help from your doctor immediately.

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved. —Helen Keller

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us. —Helen Keller

***We would like to thank each of you who are contributing to our Relief Children Foodbank and the education of our Children at Brighter future. God bless you!***

**"Family Services Trust" is a registered non-profit charitable Trust @ Office of Sub Registered of Trust New Delhi. | All donations to FAMILY SERVICES TRUST are Tax Exempted under Sec. 80 G (5) (VI) of IT Act 1961 (WITHIN INDIA)**



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