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When you're depressed, you may feel like you can't accomplish anything. Exercise. It temporarily boosts feel-good chemicals called endorphins. Eat healthy. Get enough sleep. How to Deal With Depression & Anxiety Naturally Without Medication Some foods are serotonin enhancers, helping to raise those levels naturally. I don't think the path to dealing with depression is made of prescription bottles. 10 Natural Remedies for Depression - HowStuffWorks Apr 2, 2013. By Daniel G. Amen, MD Psychiatrist and Brain Imaging ExpertMedical Director of Amen Clinics in Newport Beach, San Francisco, Seattle How to Deal with Depression: Natural Remedies Being depressed can make you feel helpless, confused, unable to make decisions etc. So, dealing with depression is very important. How to Deal With Depression Naturally? Trivedi Effect® Oct 26, 2011. Depression is a tool for discovering the truth, if you are brave enough to face it rather than try to wish it away. 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